BREAKFAST MUFFIN TOPS OUT AT $16
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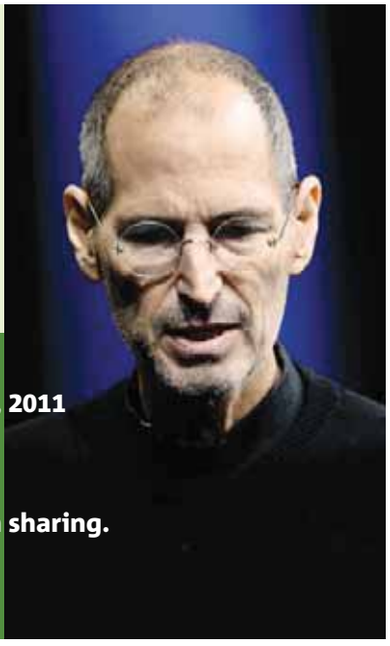

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Thursday, October 6, 2011
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News worth sharing.

PHOTO ILLUSTRATION: DAVID VAN DYKE/GETTY IMAGES

Group of seven

For the first time in 15 seasons Canada has seven NHL teams again ▶ NHL preview {pages 34-37}

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Stripped down. And baring all

▶ Vancouver Canuck Ryan Kesler poses naked for ESPN the Magazine's third annual Body Issue.

ALEX CAYLEY/PHOTO COURTESY ESPN THE MAGAZINE

Kesler in fine form for nude shoot

Last year's Selke Trophy winner is among 22 athletes — including U.S. women's soccer goalkeeper Hope Solo and gold-medal-winning gymnast Alicia Sacramone — who posed naked for ESPN the Magazine's Body Issue, which hits newsstands tomorrow.

Upgrades of seismic proportions

48 city schools at risk if earthquake occurs: Report ◐ Improvements far from cheap

PHYLICIA TORREVILLAS
@METRONEWS.CA

Seismic upgrades needed for Vancouver schools come with a hefty price tag, according to a new draft report provided to the Vancouver School Board.

The comprehensive assessment, provided by Coriolis Consulting to the education board's planning and facilities committee, shows there are currently 48 vulnerable schools that still have structures that are at risk of "widespread damage or structural failure" should an earthquake occur. This also means these buildings may not be salvageable or used as shelters post-disaster.

The assessment also details three options for each school and the estimated costs to seismically upgrade, renovate, or replace the at-risk schools.

"We need safe schools for our staff, students and the community for post-disaster," said Allan Wong, chair of the planning and facilities committee. "We need to spend a lot of money just to maintain. So while we maintain … (we should) do the seismic upgrade at the same time because this has been overlooked for many years because of the lack of funding for maintenance for our schools. We really have to push forward and bring it back to an acceptable level."

"We hope (this report) will help (the province), as well as us, to go to the Treasury Board to argue the case for the funding for seismic upgrading of all our schools." ALLAN WONG, VSB PLANNING AND FACILITIES COMMITTEE

The total cost of seismic-only upgrades is estimated at $618 million, while a complete facility upgrade for all the district's schools could run up to $1.1 billion. If only the seismically at-risk schools are to be replaced, it would cost $858 million.

The report notes these costs are preliminary and could change in the future.

A plan to partially replace Kitsilano Secondary, which awaits approval from the Ministry of Education, would bring the number of seismically upgraded or replaced schools to 34 once it's completed.

The VSB is currently working on three submissions for ministry approval including replacement of Gordon elementary, partial replacement of Queen Mary secondary and seismic-only upgrades to Strathcona elementary.

Education Minister George Abbott said the province is working with the VSB and the Association of Professional Engineers and Geoscientists of B.C. on how best to proceed with the city's seismic-mitigation program in an "efficient, timely and cost-effective" manner.

1 news

Wall Street protest swells as union members, college students join the clamour. Scan code for story.

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On the web at metronews.ca

Opposition MPs urge the Conservative government to openly discuss its new $1-billion perimeter security deal with the United States. More at metronews.ca/video

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High time for St. Paul's

Lifting height restriction would allow hospital to expand faster and save millions: Coun. Anton

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

A Vancouver mayoral candidate wants to expand St. Paul's Hospital by lifting height restrictions on the century-old facility.

"This hospital here has been an anchor in the West End for 100 years," said Coun. Suzanne Anton at a press conference yesterday.

"The hospital will always stay here. ... But will it be allowed to remain the key centre of excellence that it is now?"
COUN. SUZANNE ANTON

"As mayor I will do everything in my power to keep it here. Lifting those artificial height restrictions will give St. Paul's the flexibility to redevelop on its own site."

The hospital is currently limited to 11 floors, even though it is surrounded by the tallest buildings in the city.

Ensuring the hospital stays at its current site will allow it to expand faster and save millions of dollars at the same time, explained Anton.

ARIANA KAKNEVICIUS/FOR METRO

▶ Suzanne Anton

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Free. Flash

▶ Flash Gordon, a California sea lion, is released by Vancouver Aquarium staff near Sooke yesterday.

CONTRIBUTED/VANCOUVER AQUARIUM

Waddle into the wild

The young adult California sea lion was rescued near Ucluelet in August after locals spotted him with a foot-long fishing flasher hanging from his cheek. The hook was removed from his esophagus. During his recovery, he ate 15 kilograms of fish daily and gained more than 50 kilograms in weight.

Drug trial begins for Bacon brother

A drug trial for a member of B.C.'s notorious Bacon family began in Vancouver yesterday with the defence challenging a Crown witness.

Jarrod Bacon, along with another man, is charged with conspiracy to traffic cocaine after the two were targeted in an undercover police operation in Abbotsford in 2009.

Bacon's lawyer challenged the planned testimony of a police informant, saying his evidence is hearsay and should not be allowed at the trial.

One of Bacon's brothers, Jonathan Bacon, was recently shot dead in Kelowna, and his other sibling, Jamie Bacon, is facing a murder charge in the deaths of six people in a Surrey apartment in October 2007.

Police have associated the three brothers with the Red Scorpions drug gang. **THE CANADIAN PRESS**

*Manufacturer's Suggested Retail Price for base LS 5-door including freight. License, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. **Manufacturer's Suggested Retail Price for LTZ model 5-Door is $20,995. Freight, license, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.

MOBILE **ENABLED**

Vancouverites shift riot blame on city and police: Poll

More people are blaming the city and police for the Stanley Cup riots than they did in the days that followed it, according to a new poll.

A telephone survey of 400 respondents in Vancouver by NRG Research Group and Peak Communicators found an increase in blame on the City of Vancouver and the Vancouver Police Department. The same questions were asked on a survey they conducted a week after the Vancouver Canucks' Game 7 loss.

"In terms of the 10 factors we tested ... the rank order was actually the same," NRG's Tim Chan said. "People feel committed agitators and alcohol continue to be the top groups that residents feel most responsible for the riots, but there were significant increases on the city and the police."

The VPD's rating for responsibility went up to 5.1 from 4.4, while the city's climbed up to 5.7 from 4.9

The responsibility rating of "curious onlookers who did not leave when trouble started" was the only one that saw a decrease to 5.8 from 6.1.

Respondents weren't given an opportunity to give their reasons why they felt the city and police were more responsible.

But Chan said the changes reflect the various riot reports that have been put out over the summer.

"The story also has not left the news since the riots happened," he said.

"It's a story that's got legs and it won't go away. People are still thinking about it."

PHYLICIA TORREVILLAS

Green city has green fashion

The city that aims to be the green capital of the world gets a little greener with a sustainable fashion event this week.

The three-day Eco Fashion Week showcases its third season of international style and sustainability with shows and boutiques in Gastown.

Shows will feature collections by talented designers such as Anna Kosturova, whose crocheted swimsuits have been featured in Sports Illustrated's famous swimsuit edition, and Nicole Bridger, who was awarded Canada's first eco designer of the year in 2010.

Actress Mashiah Vaughn and ski-cross gold medalist Ashley McIvor will be among those modelling the clothes.

ARIANA KAKNEVICIUS

Lions tackle violence

1 in 3 women will be sexually assaulted but only 12 per cent of incidents are reported to the police

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

Organizers of a B.C. Lions-supported program that tackles reducing violence against women said yesterday they hope the success of the B.C. program over the next two years will help it expand across Canada.

The Encana Corporation along with the municipalities of Vancouver and Surrey came on board as partners in the Be More Than a Bystander campaign yesterday at B.C. Place.

"The re-launch of this program is essential," said Mayor Gregor Robertson. "This program will break the silence providing the tools, language and training to know what to do."

The campaign will visit 40 schools with B.C. Lions players, who will educate students and provide training for coaches on how to prevent and react to violence against women.

Tracy Porteous, executive director of Ending Violence Association of B.C., said the program aims to use the iconic status of the players to teach children and men that their tough appearance on-field does not transfer to their behaviour toward women.

"Considering that men commit 98 per cent of crimes of violence against women, it is their issue," Porteous said.

"The solution needs to come from everyone."

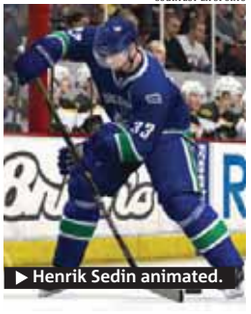
For more local news visit metronews.ca/Vancouver

ARIANA KAKNEVICIUS/FOR METRO

▶ Tracy Porteous, executive director of Ending Violence Association of B.C., thanks the new partners of Be More Than a Bystander campaign yesterday at B.C. Place.

Video game shows Canucks losing to Chicago

COURTESY EA SPORTS



▶ Henrik Sedin animated.

A simulation using EA Sports' NHL 12 video game has the Pittsburgh Penguins winning the Stanley Cup, aided by Sidney Crosby's comeback.

The made-in-Burnaby video game sees Crosby returning after 17 games and leading the Pens to second place in the East.

According to the video game, Vancouver wins the Presidents' Trophy again, with 114 points, but loses the Western Conference final to Chicago in seven games.

"Normally the EA Sports guys are pretty good," Canucks forward Alex Burrows, a keen gamer, said after practice yesterday. "They do a good job. Obviously I don't agree with this one.

"I do like the game. I do like the new technology, all the different leagues and players. When you hit a guy, when the guy is bigger than you, he doesn't go down. All those little details I think makes the game great."

Canucks defenceman Kevin Bieksa simply snorted when told about the game's prediction for this season. "Who cares," he said.

THE CANADIAN PRESS

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A little education can protect you from scams

Top 10 scams making the rounds of Vancouver include fake lotteries, a computer-virus fraud and the old grandson-in-trouble-overseas routine If you suspect a scam, 'don't remain quiet,' Better Business Bureau says

CHELSEA ALTICE
VANCOUVER @METRONEWS.CA

Vancouver police have teamed with the Better Business Bureau to publish a list of the Top 10 scams threatening to part Vancouverites with their wallets along with some advice on how residents can protect themselves.

The Vancouver Police Department deals with approximately 1,000 scam incidents a year but said most go unreported.

"What's critical is that people don't remain quiet," said Lynda Pasacretta, CEO of the Better Business Bureau.

Of the 10 scams outlined yesterday, these five are among the most common.

JUSTIN SULLIVAN/GETTY IMAGES

1. Computer virus

How it works: Victims get a call from a supposed computer company warning them of a virus that can be fixed by logging on to a website. Their computer screen blacks out with a message to pay $150 by credit card.

What to do: Hang up on the caller and do not visit the website.

CHRISTOF KOEPSEL/BONGARTS/GETTY IMAGES

2. Event ticket resale

How it works: The scammer buys tickets using a stolen credit card, which are cancelled by the time of the event, and sells them on the street or on websites such as Craigslist.

What to do: Use the BBB to check the legitimacy of resale companies or write down the private seller's personal information and be ready to lose money.

SCOTT OLSON/GETTY IMAGES

3. Phantom rental properties

How it works: A renter, believing he's about to score a bargain for a rental property, pays an illegitimate landlord the deposit fee and one- to three-months' rent.

What to do: Inspect all rental properties before putting any money upfront. Check the landlord's identification and ask to pay with post-dated cheques.

ALEX WONG/GETTY IMAGES

4. Secret shopper

How it works: The victim signs up to be a secret shopper to review various businesses and cashes a cheque wired from an illegitimate company to pay for store services. The cheque bounces after the victim has reimbursed the scam company.

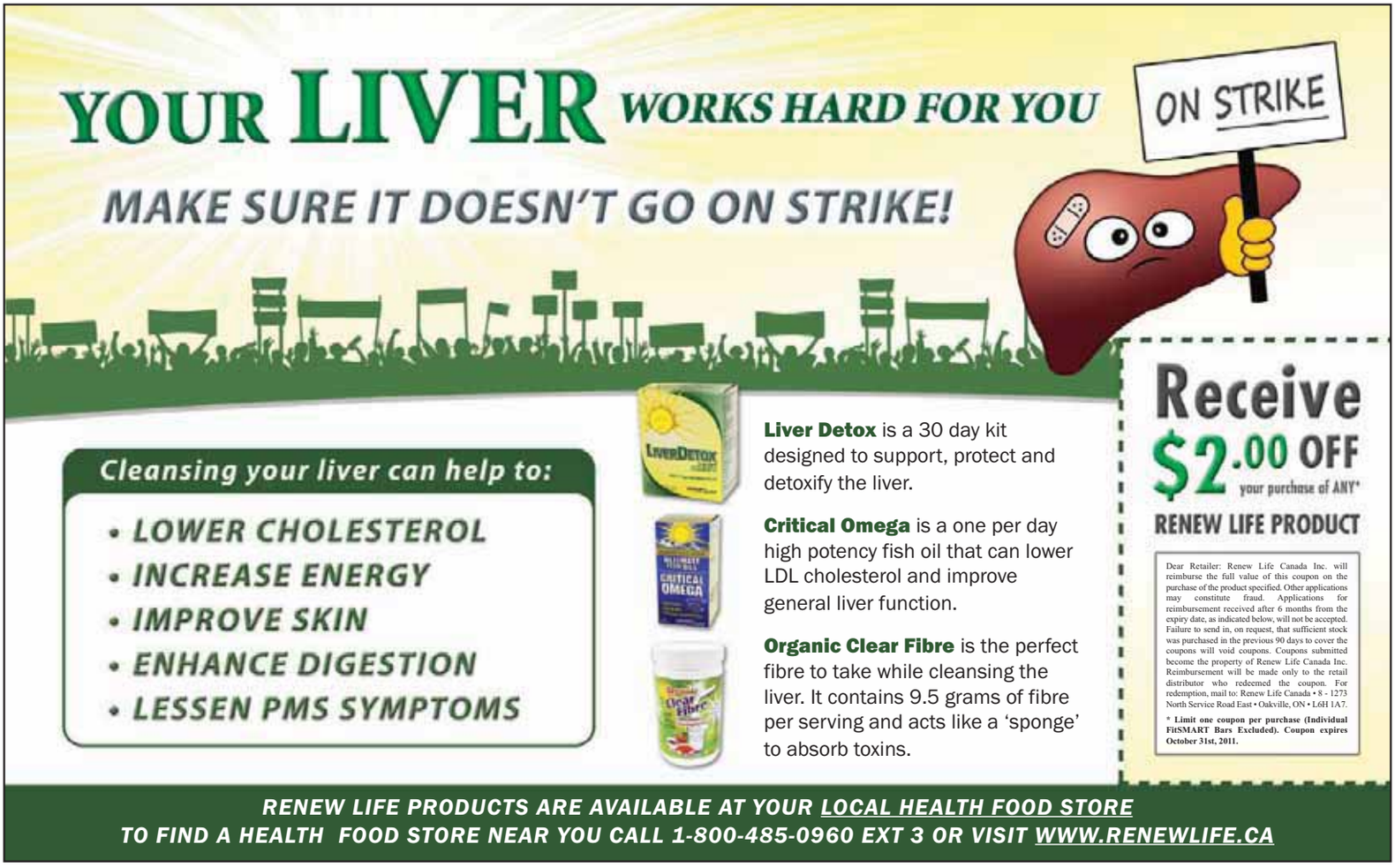
What to do: Check with the BBB before signing up with a mystery-shopper company.

JOHN MOORE/GETTY IMAGES

5. Door-to-door charities and inspectors

How it works: A person claiming to be from a charity or inspection agency is permitted into a home and pressures the resident to make a donation or pay a cash fee for services.

What to do: Do not allow a stranger into your home. Call the organization they claim to be from and advise the police if you suspect a scam.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Apple co-founder Steve Jobs dead

Death of tech giant's former CEO comes day after unveiling of new iPhone

Steve Jobs, the Apple founder and former CEO who invented and masterfully marketed ever-sleeker gadgets that transformed everyday technology, from the personal computer to the iPod and iPhone, has died. He was 56.

Apple announced his death last night without giving a specific cause.

Jobs had battled cancer in 2004 and underwent a liver transplant in 2009 after taking a leave of absence for unspecified health problems. He took another leave of absence in January — his third since his health problems began — before resigning as CEO six weeks ago. Jobs became Apple's chairman and handed the CEO job over to his hand-picked successor, Tim Cook.

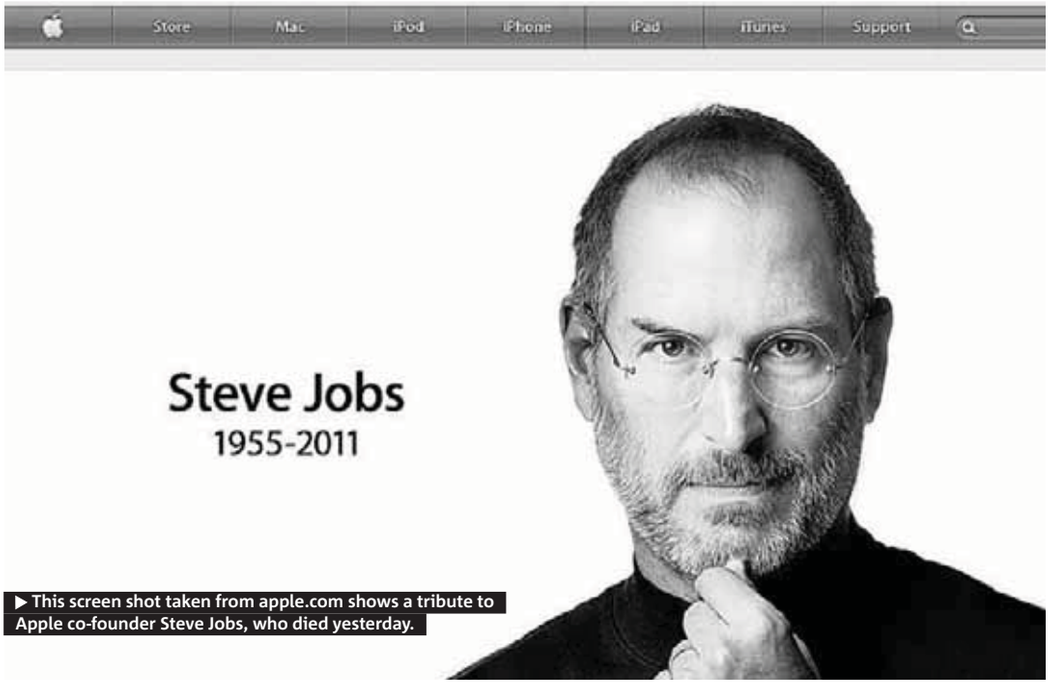
Jobs started Apple with a high school friend in a Silicon Valley garage in 1976, was forced out a decade later and returned in 1997 to rescue the company. During his second stint, it grew into the most valuable technology company in the world with a market value of US$351 billion.

Cultivating Apple's countercultural sensibility and a minimalist design ethic, Jobs rolled out one sensational product after another, even in the face of the late-2000s recession and his own failing health.

He helped change computers from a geeky hobbyist's obsession to a necessity of modern life at work and home, transforming the cellphone and music industries in the process.

THE ASSOCIATED PRESS

APPLE.COM/THE ASSOCIATED PRESS



▶ This screen shot taken from apple.com shows a tribute to Apple co-founder Steve Jobs, who died yesterday.

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Speculation still surrounds Knox

Judge who acquitted defendant: American might know the 'real truth' about murder of British student

The Italian judge who was part of the jury that acquitted Amanda Knox said yesterday the American and her ex-boyfriend might know the "real truth" about who killed her British roommate.

Judge Claudio Pratillo Hellmann said in a state TV interview that "maybe" the two defendants know what happened in the 2007 slaying of Meredith Kercher in the home the two women shared in Perugia, the Umbrian town where they were students.

Hellmann, who was also one of the eight jurors, said "the real truth could be different."

But based on trial evidence the jury acquitted them, he said.

ELAINE THOMPSON/THE ASSOCIATED PRESS

▶ Amanda Knox

In Italy, the presiding judge is part of the jury, along with another judge and six civilians.

In his first public comments since Knox and her Italian co-defendant, Raffaele Sollecito, were acquitted Monday night, the judge stressed on state TV that the verdict was the fruit of "the truth that was created in the trial."

Knox and Sollecito have vehemently denied wrongdoing in Kercher's murder. Knox flew home to Seattle on Tuesday, her first full day out of jail since she was arrested a few days after the murder. Sollecito was resting at his family home, his lawyers said.

THE ASSOCIATED PRESS

Smitten duchess weds commoner

Estimates of her wealth range from $600 million to $3.5 billion • Groom only earned $1,500/month

A wealthy 85-year-old Spanish duchess considered the world's most title-laden noble married a civil servant 25 years her junior yesterday, shrugging off her children's qualms and celebrating by kicking off her shoes and dancing flamenco.

A crowd of several hundred clapped and roared its approval as the Duchess of Alba waved, smiled and danced on a red carpet after her wedding to Alfonso Diez at Palacio de las Duenas, her 15th-century residence in the cobblestoned old quarter of Seville.

Diez stood close by in a dark suit, smiling and holding an outstretched arm at the ready, as if to catch his bride if she stumbled. The duchess hiked up her dress as she performed a few whirling steps of Spain's quintessential art form in the city perhaps best known for it.

"I have been alone in this project, and got nothing but negative opinions until they realized what kind of man he is."
DUCHESS OF ALBA ON HER FAMILY'S REACTION

With her frizzy white hair, squeaky voice and wildly colourful clothes, the duchess is among Spain's most famous people. Only a few dozen family members and close friends were invited to the ceremony.

The twice-widowed duchess wore a salmon, shin-length dress by Spanish designers Victorio & Lucchino.

Her full name — take a deep breath — is Maria del Rosario Cayetana Alfonsa Victoria Eugenia Francisca Fitz-James Stuart y de Silva. She goes by simply Cayetana, and is a distant relative of Queen Elizabeth and Winston Churchill.

She and Diez, a social security administration employee, are old acquaintances through her second husband, who was a former Jesuit priest, and Diez's brother, an antiques dealer. They bumped into each other about three years ago outside a movie theatre in Madrid and eventually started dating.

Her six children, all from her first marriage, reportedly balked when the idea of marriage emerged. In July of this year, the duchess assigned them and her grandchildren juicy chunks of her vast estate, like mansions and palaces, in an effort to appease them and clear her way to the altar.

Diez will be entering a new world, although he has reportedly signed a document renouncing any claim to the House of Alba wealth. Now he will live in splendor as a duke, reportedly with plans to take a leave of absence from his day job, although the noble title will pass on to the duchess's eldest son, Carlos, when she dies.

THE ASSOCIATED PRESS

MIGUEL ANGEL MORENATTI/ THE ASSOCIATED PRESS

▶ The Spanish Duchess of Alba and her new husband, Alfonso Diez, walk out of the chapel after their wedding at Las Duenas Palace in Seville, yesterday.

Putin fakes treasure find

The widely publicized incident in which Russian Prime Minister Vladimir Putin pulled up ancient Greek jug fragments from the seabed on a diving expedition was staged, his chief spokesman said.

The August dive in the Kerch Strait was reported extensively in Russian and overseas media. Putin is noted for his habit of appearing in adventurous settings, including fishing while stripped to the waist and riding with leather-clad motorcyclists.

His spokesman said the jugs had been found earlier by archaeologists and placed there for Putin.

THE ASSOCIATED PRESS

▶ Russian Prime Minister Vladimir Putin

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2 50% to 70% Off:
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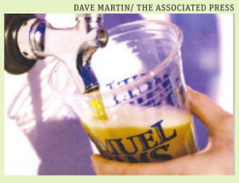
News in brief

DAVE MARTIN/ THE ASSOCIATED PRESS



U.S. town's Oktoberfest finally gets wet

CELEBRATION. A north Alabama town marked Oktoberfest for decades with no beer. But last Monday organizers tapped a keg for the first time, ending a long-running autumn prohibition. Jason Hicks enjoyed a beer with his wife as German music played in the background. "Before it was just two old guys dancing," said Hicks, 30. "It's not about the beer now, but it adds something."

THE ASSOCIATED PRESS

Palin won't run for president

POLITICS. Former Alaska governor Sarah Palin says she will not run for the U.S. presidency. Palin said in a statement that she and her husband "devote ourselves to God, family and country," and her decision maintains that order. Palin often hinted that she might run for president in 2012 but never committed herself.

THE ASSOCIATED PRESS

Hacker said to have confessed

THAILAND. Thai authorities have arrested a university student who reportedly confessed to hacking the Twitter account of the country's prime minister. The 22-year-old posted several tweets accusing the government of incompetence and cronyism.

THE ASSOCIATED PRESS

Clock ticking for justice

German prosecutors determined to convict Nazi death-camp guards ◐ Fewer than 1,000 suspects alive

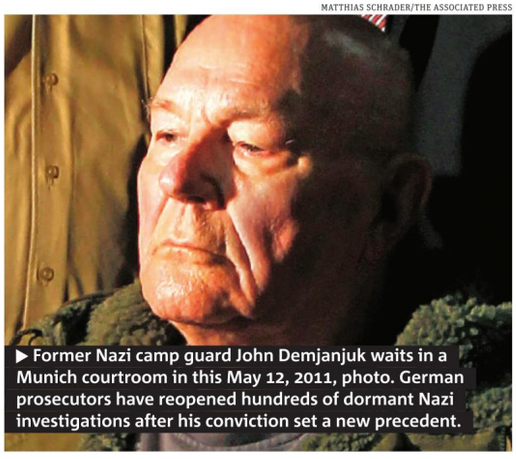
In a final quest to bring Holocaust participants to justice, German authorities have reopened hundreds of dormant investigations of Nazi death-camp guards — men who are now so old that time has become "the enemy" for prosecutors hurrying to prepare cases.

The efforts could result in new prosecutions nearly seven decades after the Second World War.

Special Nazi war-crimes investigators reopened the files after the conviction of former U.S. autoworker John Demjanjuk, whose case set a new legal precedent in Germany.

It was the first time prosecutors had been able to convict someone in a Nazi-era case without direct evidence that the suspect participated in a specific killing.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS



▶ Former Nazi camp guard John Demjanjuk waits in a Munich courtroom in this May 12, 2011, photo. German prosecutors have reopened hundreds of dormant Nazi investigations after his conviction set a new precedent.

Now authorities are weighing whether the same approach could be used to pursue others, said Kurt Schrimm, the prosecutor who heads the investigation unit.

Given the advanced age of the suspects, investigators are not waiting until Demjanjuk's appeals are decided.

Elan Steinberg, vice-president of the American Gathering of Holocaust Survivors and their Descendants, welcomed the news and urged prosecutors to act quickly.

"As our numbers, those of the victims, have also rapidly dwindled, this represents the final opportunity to witness justice carried out in our lifetimes," he said.

The Simon Wiesenthal Center's top Nazi-hunter, Efraim Zuroff, said he would also launch a new campaign in the next two months to track down remaining Nazi war criminals.

He said the Demjanjuk conviction has opened the door to prosecutions he never thought possible before.

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"Time is the enemy here."

ELAN STEINBERG, AMERICAN GATHERING OF HOLOCAUST SURVIVORS AND THEIR DESCENDANTS

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INCLUDES accom near the university district during the annual shopping weekend.

Whistler 2 Nights from $159 taxes & fees included

INCLUDES Whistler Village accom near the base of Blackcomb Mountain. ADD tree trek from $51.

USA

Anaheim Family Special Air + 3 Nights 4-Star from $279◊ + taxes & fees $107

INCLUDES accom near theme parks. Price per person based on family of 4. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $193/adult, $171/child (ages 3-9).

Phoenix Air + 3 Nights 4-Star + Golf from $489 + taxes & fees $131

INCLUDES mountainside accom with golf. ADD Sea Life Aquarium pass from $21.

Hawai'i Air + 7 Nights from $689 + taxes & fees $145

INCLUDES central accom near Waikiki Beach.

Vacations

London Air + First 2 Nights from $239 + taxes & fees $511

INCLUDES central accom near Russell Square underground station.

Singapore Air + 7 Nights 4-Star from $1079 + taxes & fees $676

INCLUDES seaside accom. ADD night time safari from $52.

Philippines Air + 12 Nights from $1329 + taxes & fees $421

INCLUDES all airfare, 3 nights central Manila accom and 9 nights beachfront resort-style accom on Cebu's Mactan Island.

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Netflix dodges regulation calls

No proof that online service has led to drop in TV subscriptions

Online services like Netflix won't be subject to Canadian regulations because there's no clear evidence that consumers are cutting the cord on their cable or satellite TV subscriptions, the CRTC said yesterday.

Online and mobile programming is complementary to the television content distributed by cable, satellite and broadcast systems, the CRTC said.

"There is no clear evidence that Canadians are reducing or cancelling their television subscriptions," said a news release.

"Some online programming services have established viable business models and are competing in the marketplace for programming rights and viewers," the CRTC said.

1M

U.S.-based Netflix has attracted more than one million Canadian subscribers since beginning its online service in this country about a year ago.

The CRTC did not mention Netflix by name, but a 40-member group from the telecommunications, broadcasting, cable and satellite and production sectors had asked the regulator to hold consultations on services like Netflix.

The CRTC acknowledged it hasn't been able to accurately gauge consumer behaviour.

THE CANADIAN PRESS

Greek. Action

▶ Riot police detain a man in Athens yesterday. At least 16,000 protested in the Greek capital, and about 10,000 gathered in the city of Thessaloniki.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece brought to halt

Civil servants joined protests by walking off the job during a 24-hour strike yesterday, crippling the public sector over ever-deeper austerity measures.

Indian villagers getting 'cheap' tablet computers

India introduced a cheap tablet computer yesterday, saying it would deliver modern technology to the countryside to help lift villagers out of poverty.

The computer, called Aakash, or "sky" in Hindi, is the latest in a series of "world's cheapest" innovations in India that include a $2,040 US compact Nano car, $15 water purifier and $2,000 open-heart surgery.

Developer Datawind is selling the tablets to the government for about $45 each, and subsidies will reduce that to $35 for students and teachers.

GURINDER OSAN/THE ASSOCIATED PRESS

▶ A student poses with her new tablet yesterday.

Datawind says it can make about 100,000 units a month at the moment, not nearly enough to meet India's hope of getting its 220 million children online.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 279.30 (11,457.22)	+ 1.34¢ (96.14¢ US)	+ $4.01 US ($79.68 US)	$3.57 (- 6.8¢)	$1,641.60 (+ $25.60)

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LET'S TALK ABOUT BIRDS AND BEES

HE SAYS ...

JOHN MAZEROLLE
METRO

Listen up, parents. It's time you had a frank discussion with your children about — well, you know, doin' it.

My province is in election mode and sex education became a topic during the campaign, thus proving those "SEX! Now that I've got your attention…" campaign signs my fellow students used in junior high elections were an accurate reflection of our political system.

Regardless of your thoughts about sex-ed in school, we can all agree that sexual education begins at home. (My parents never talked to me about it, but they got cable for the TV in my room, which had the same basic effect.)

It's a problem every generation faces.

When kids ask about sex, parents must first ask questions of themselves: How do I change the subject? How tightly do I plug my ears? Are they ready for the "when two people love each other" lie? Or do I stick with the stork? And so on.

"...so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender..."

But your kid is going to have sex sooner or later (take a moment here to get your heart started again), so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender and all those other fun facts your kids are just clamouring to know.

To help, here are a few tips:

• Remember that you and your children probably have different ideas about what makes for a proper sexual education. They may be expecting Cosmo-style lessons like "57 positions that drive him wild" and "Proper hickey removal," but it's important you stay the course and stick with such adult classics as "Triplets: More common than you think" and "Herpes: Your life-long friend."

• Speak in terms they can understand. For example: "Son, if you sleep around when you're drinking, you're going to end up with regrets. Other people will hear about it, and suddenly everyone's yearbook write-up will mention how you slept with "that" girl. Now, do you want that?"

• Never be afraid to rap. Kids love rap. A clever rhyme scheme based on a simple message like "Hold on to your hormones" will let your children know that you can riff on bodily functions just like Eminem.

• Explain how sex leads to marriage in much the same way that, in the Star Wars movies, anger leads to the Dark Side.

Now you're prepared. With these tips, you'll be able to share with your offspring in elaborate and sometimes graphic discussions.

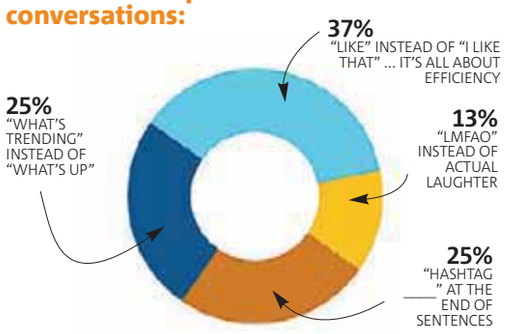
Or, barring that, just get them cable. It'll do the rest.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What online language would you most like to see adopted in real conversations:


37%
"LIKE" INSTEAD OF "I LIKE THAT" ... IT'S ALL ABOUT EFFICIENCY
13%
"LMFAO" INSTEAD OF ACTUAL LAUGHTER
25%
"HASHTAG" AT THE END OF SENTENCES
25%
"WHAT'S TRENDING" INSTEAD OF "WHAT'S UP"

Local tweets

- **@arthurjklein:** Are metro #vancouver mayors listening on gas tax? #CFIB report puts fuel, energy costs as major concern for SME's. bit.ly/o1BF6o
- **@grandtheft:** Yes! A very competitive heat.. RT @DJPUMP: Just wanna say good luck to all my dj homies competing in Red-Bull 3 Styles in Vancouver tonight.
- **@wdyhinog:** Metro Vancouver especially vulnerable to climate-change flooding ...
- **@marisanurmi:** Vancouver weather is boss today :)
- **@TEAM1040:** Canucks have assigned Victor Oreskovich and Ryan Parent to the Chicago Wolves after both cleared waivers
- **@FarhanLaljiTSN:** I meant #canucks @Ryan_Kesler lasts the whole practice today
- **@VIAwesome:** Vancouver inventors! Can you please invent a product that slows hair growth, so I could keep one hairstyle for 3 years w/out haircuts?
- **@ellenwoodsworth:** RT @brentgranby: COPE Candidates Woodsworth and Granby Announce Plans for Local Food Security Development, Last Main St. Farmer's Market #fb

Worth mentioning

During high season in the Kenyan luxury resort area of Lamu, foreign tourists snorkel by day and sleep in rustic dwellings with woven coconut leaves for doors. Now they're leaving town early and cancelling reservations after gunmen kidnapped two Europeans and killed another in only a month.

Already, droves of workers who depend on tourism in this gorgeous but poor corner of East Africa are losing jobs.

Hours after a French woman was abducted last weekend, eight guests checked out of Stefano Moccia's nearby hotel and hurriedly boarded a plane. Usually busy taxi boats now lay idle along the coasts.

"This season is over. That is for sure," said Stefano Moccia, who has fired nearly half his 100 staff in just two days.

Nervous hotel owners like Moccia are urging Kenya's government to step up security in this area long popular with tourists and rich Kenyans. High tourist season traditionally begins here in November, but the $1,800 US-a-night rooms could sit empty and the beaches bare.

THE ASSOCIATED PRESS

Changing. Gears

▶ A bicyclist enjoys the unseasonably warm weather — nearly 27 C — as he rides past vivid fall colours near Lake Nokomis in Minneapolis yesterday.

JIM MONE/THE ASSOCIATED PRESS

Photo of the day

Vancouver's forecast for today is cloudy with a high of 15 C. Tonight's expected low is 10 C.

WEIRD NEWS

Higher purpose for grow-op equipment

Equipment seized from a U.S. marijuana operation is going to be used to grow a different kind of herb — and vegetables, too.

Delaware County District Attorney G. Michael Green tells The Philadelphia Inquirer the equipment taken in May from a sophisticated marijuana growing operation will go to Cheyney University and a Philadelphia community development corporation's Urban Food Lab.

Authorities say the raid at a former Chester drugstore yielded industrial generators, grow lights and hydroponic plant containers.

The Inquirer report says Partnership CDC's Urban Food Lab grows greens, lettuce, peppers and broccoli. An on-campus business at Cheyney already uses hydroponic techniques to grow basil that's sold to local supermarkets.

Cheyney professor Steven Hughes puts the value of the donated equipment at tens of thousands of dollars.

THE ASSOCIATED PRESS

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HANDOUT

▶ Dolores Drake, left, as Truvy, Sarah Carle as Annelle and Susan Coodin as Shelby in Gateway Theatre's production of Steel Magnolias.

Magnolias now in bloom

Robert Harling play coming to the Gateway Theatre Steel Magnolias will open tonight

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Did you know that the film Steel Magnolias grossed nearly $100 million at the box office when it was released in 1989?

Kind of impressive for a film that had six fully clothed women featured on its promotional poster and no explosions, car chases, sports or automatic assault weapons weaved into its plot.

Did I mention it was released in 1989? Because the highest-grossing films that year included Indian Jones and the Last Crusade, Batman and Lethal Weapon 2.

Originally staged as an off-Broadway play in 1987, the story, written by Robert Harling, is based on the playwright's experience with the death of his sister.

Now it's being staged locally by Gateway Theatre.

Set in small-town Louisiana, it's a story of a close-knit group of friends whose lives come together at a successful hair salon called Truvy's.

Both hilarious and heartbreaking, it's a social circle that ultimately proves love and laughter can carry us through life's toughest tragedies.

The play features Norma Bowen, Sarah Carle, Susan Coodin, Dolores Drake, Anna Hagan and Erin Ormond. Nicola Cavendish directs.

Set design by Drew Facey; costumes, Phillip Clarkson.

Steel Magnolias opens tonight and runs until Oct. 22 at Gateway Theatre (6500 Gilbert Rd., Richmond). Tickets go for $30 to $47. More information at Gatewaytheatre.com.

Other events

Another hot item.

▶ **Get stung** If you like Sting but still haven't been able to score tickets to one of his two shows here in December, fear not! A third show has been added so you can watch Sir Stingness go, as the tour name suggests, Back to Bass. Check out Livenation.com for details.

2 scene

Walt Disney

Finding Nemo and The Little Mermaid are among multiple Walt Disney tales that are following The Lion King into 3-D mode on the big-screen. Over the next two years Disney is releasing multiple titles in 3-D.
THE ASSOCIATED PRESS

'French Immersion' director Kevin Tierney says film isn't political

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Put 'em up Hugh

Aussie actor Hugh Jackman stars in family-friendly film Real Steel

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

If you've seen the posters for Real Steel, you know Hugh Jackman can look fearless, especially with a boxing robot behind him.

But there is a pivotal moment in Hugh Jackman's life that will always stick with him: singing in public for the first time.

"I've never been that scared again. That was 15 years ago. July 26, 1996," he says. "I was asked to sing the national anthem at a very big rugby match down in Australia — millions of people watching, a 100,000 people in the stadium, and I had a panic attack the night before. I was terrified."

KEVIN WINTER/GETTY IMAGES

▶ Hugh Jackman arrives at the premiere of Real Steel in California on Sunday.

And with good reason, it seems, as the stakes were certainly high.

"I had in my head, right or wrong, that if I screwed this up, it's over. I had seen people booed off singing the national anthem badly and never work again. Australia's a small place, right?" he says. "Now, if I had been booed off — if things had not gone well — I know I wouldn't be here today. ... Had that not gone well, I may never have had the confidence to do other things. Without that moment, I would never have hosted the Oscars."

His latest film, Real Steel — designed to be a family-friendly, rousing crowd-pleaser — seems well-suited for a franchise, but Jackman shies away from discussions of a sequel.

"It's not the right time to be talking about it," he says. "It's kind of like the week before the Super Bowl saying, 'Do you think you'll be in the Super Bowl next year?'"

That being said, it doesn't mean the idea isn't already in motion.

"I know it's being written, and I know in a way it's planned and that's always been there," he admits. "I have signed on for one if there is one, but none of us involved are thinking beyond October 7, trust me. That's not the mentality you have."

Besides, Jackman — as both an actor and a producer — is far too familiar with how hard it can be to get a movie made, even a "sure thing."

"In my experience — particularly with X-Men, I don't know why — there's never been an easy ride," he says. "There are I can't tell you how many reasons or potholes that could derail any movie, and it's sort of miraculous it gets made and gets out there. So I never really take it for granted."

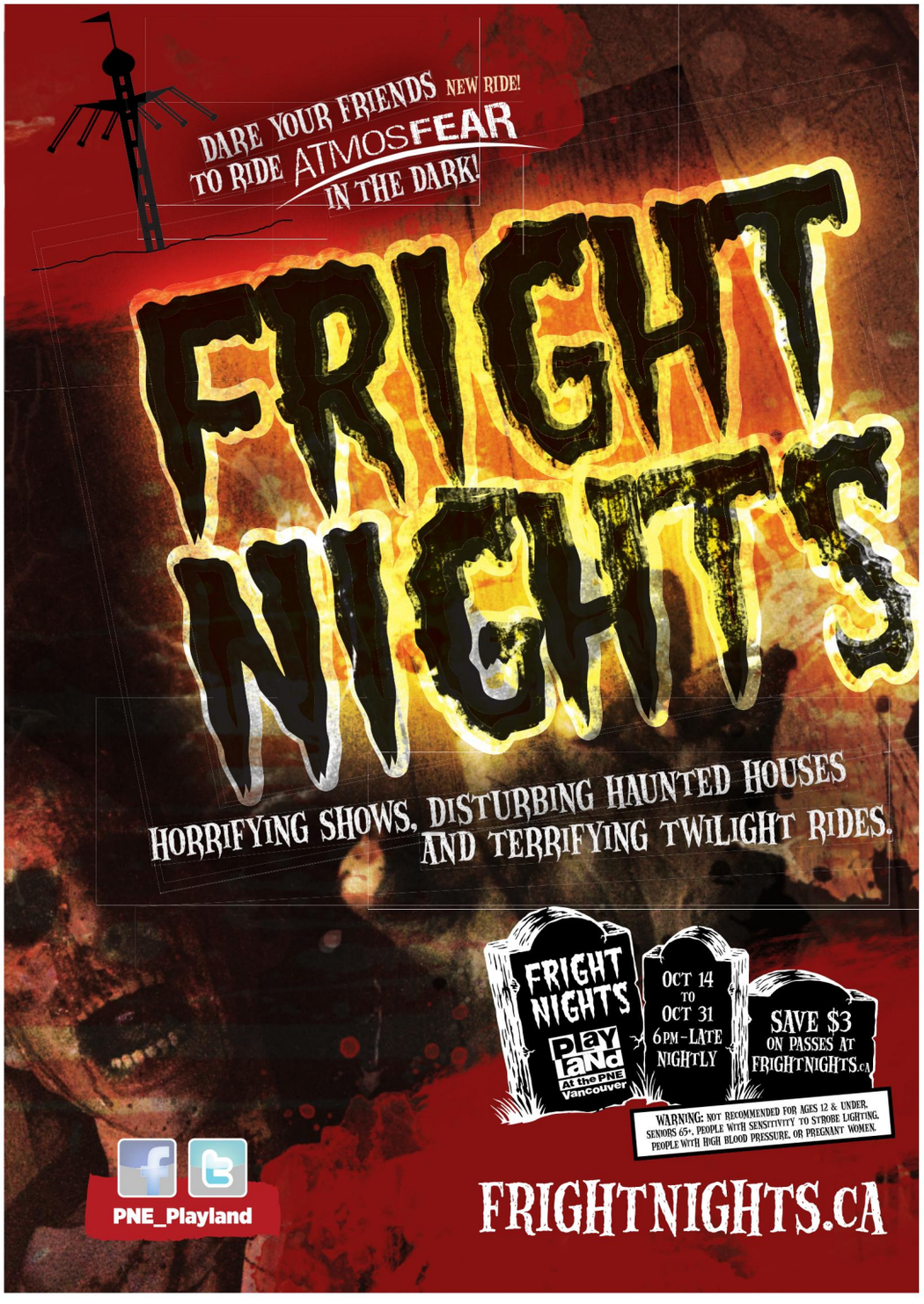
So instead of diving into Real Steel 2, Jackman is heading back to Broadway for a 10-week run of a one-man show before he films Tom Hooper's take on the musical Les Miserables, followed by the next Wolverine film.

Having played the character for more than a decade, it's something that comes quite naturally to Jackman.

"I play it at home, obviously," he says. "For parental control, it really helps."

Twitter trouble

- While on screen he seems to have mastered the intricacies of controlling robot boxers just fine, Jackman admits that he himself isn't exactly technologically savvy — even when it comes to something like Twitter.
- "I started posting things on Twitter, and my publicist rang me one Sunday night and said, 'You just posted your home address on Twitter,'" Jackman remembers.
- "Because my daughter was swimming in the fountain outside my house with her friend, and I didn't realize I'd put my street name in the photo. So she says, 'From now on, you must send me everything you post.'"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JIBLETS SALE OCTOBER 7TH-10TH

Canadian director has high hopes for film, young star

CHRIS YOUNG/THE CANADIAN PRESS

▶ Real Steel director Shawn Levy.

Real Steel destined to be a franchise, thinks Montreal-born Shawn Levy

If the Canadian director helming Real Steel has his way, the new robot-boxing movie executive produced by Steven Spielberg will definitely get a sequel and maybe even a slew of them.

The film, a mixture of Rocky and E.T.: The Extra-Terrestrial with a touch of Transformers, is set in a not-too-distant future when robots replace humans in the professional boxing world.

Montreal-born Shawn Levy thinks there's a good chance that Real Steel will become a big screen franchise, and he gives a lot of credit to his pint-sized Canadian star Dakota Goyo, who just turned 12.

"I certainly directed him a lot but there's some scenes where I just got out of the way because that boy is talented, that boy has that extra something that Ricky Schroder had in The Champ, or that Elliott (played by Henry Thomas) in E.T. had," Levy said.

Goyo plays a sullen young boy who is dealing with the death of his mother and is forced to reunite with his deadbeat dad (Hugh Jackman), who is struggling to get by as a fight promoter. The pair don't get off on the right foot but start to bond as they work on their own robot combatant, Atom.

"I saw hundreds of boys — I saw some in person, some on the Internet and some on tape from Australia, New Zealand, Canada, London, L.A., New York, Chicago, Dallas — and I said I needed more than talent, I needed something extra. I knew it when it walked in the room and it was called Dakota Goyo," said Levy.

"It's that authenticity in the face that is kind of heartbreaking and really makes you root for him. And Dakota has that big time."

Jackman gushed about Goyo's performance and his amazing professionalism for a youngster.

"Dakota's going to be a big star — although I never say that to him — because for him it's just natural, he's an actor," Jackman said.

"He's really got that sensibility, he's mature beyond his years. I have such great admiration and affection for that boy."

Remarkably, Goyo insists the experience of making the blockbuster movie wasn't unnerving, other than having to learn to dance and perform some of those new moves in a number of big scenes.

"I don't get nervous for acting, I've been doing it since I was so young so it's not really new to me, I'm not scared of doing it anymore," said the Toronto native, who has previously appeared in Thor, Defendor and TV's Murdoch Mysteries.

"But it was nerve-wracking because I usually have stage fright for dancing. And I had to dance in front of thousands of extras, so it was difficult."

THE CANADIAN PRESS

Real robots

- Rather than relying entirely on special effects, real robots — some of which stand almost nine feet tall — were built and used for many scenes.
- "Seeing them in real life, their hands and their heads moved, it was just unbelievable to see," gushed young star Dakota Goyo.
- "I was looking up at them and having neck cramps, we were pretty stoked, I really loved acting with the real robots."

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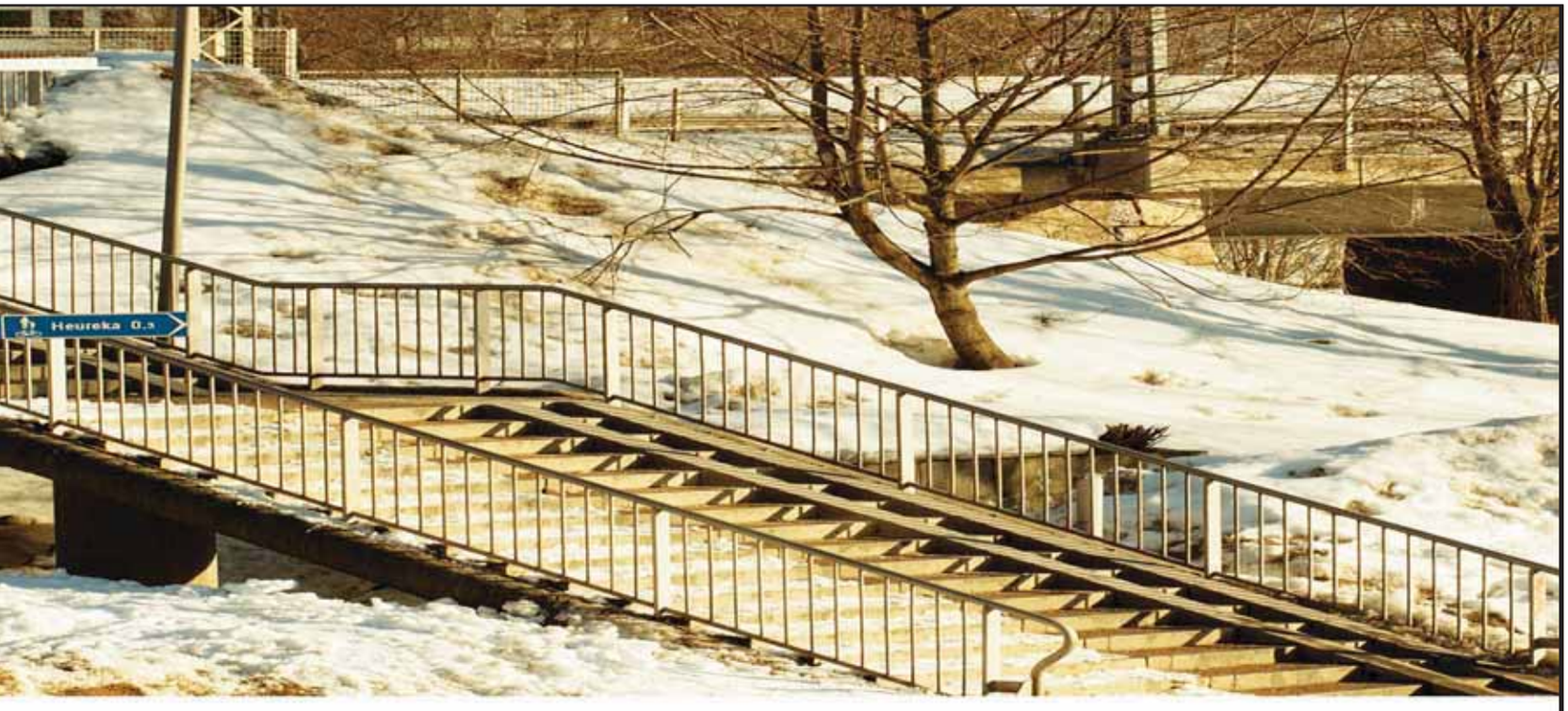

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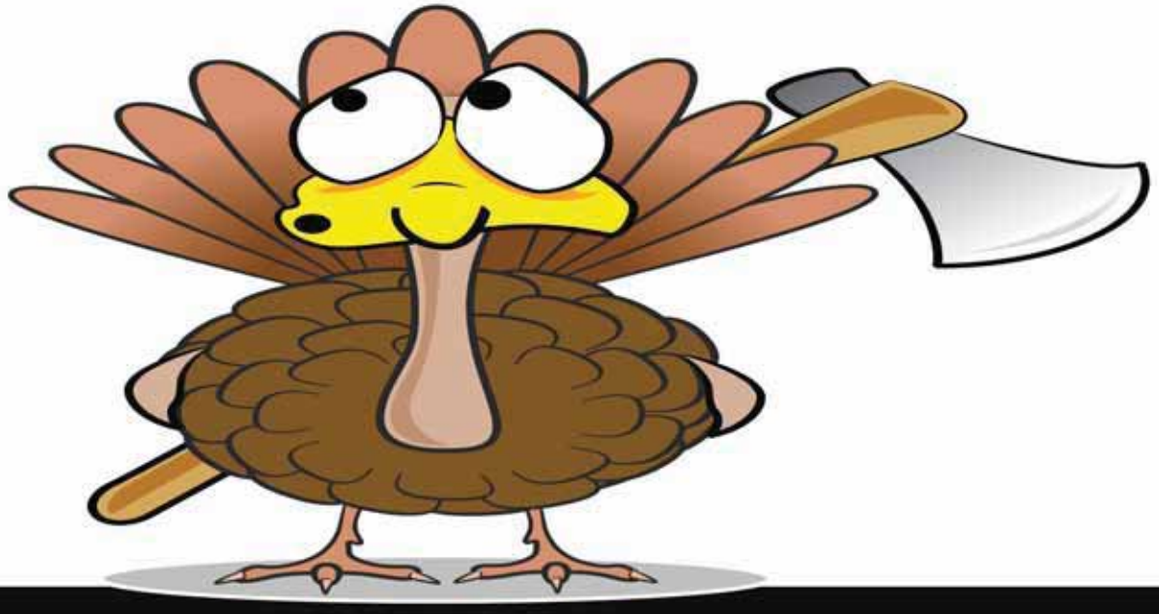

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Don't have a cow, man: Simpsons on the ropes

FOX

▶ A producer of The Simpsons said that the show can't continue under its current financial model.

In its 23rd year on TV, The Simpsons could be on the endangered species list.

The show's producer said Tuesday the show can't continue under its current financial model, following a report that big pay cuts are being sought for the actors who provide voices for Homer, Marge and Bart Simpson and other characters.

"We believe this brilliant series can and should continue, but we cannot produce future seasons under its current financial model," said Chris Alexander, spokesman for 20th Century Fox Television. He said producers hope a deal can be reached.

The animated series is a fixture on Fox's Sunday night schedule, and critics consider it one of the best shows in the medium. But like many programs that have been on the air for a long time, the cost of making it has become prohibitive.

The Fox network reportedly loses money each year on new episodes, even as all the old episodes run in perpetuity in reruns and are a cash cow for producers and creators.

The Daily Beast reported Tuesday that producers are demanding a 45 per cent pay cut from the six voice actors, who reportedly make nearly $8 million each for a season. The website said the voice actors have offered to take a 30 per cent pay cut in return for a portion of the show's syndication and merchandise revenue.

THE ASSOCIATED PRESS

7.1M

The Simpsons is averaging 7.1 million viewers for its new episodes this fall, down 14 per cent from last year. Back in the 1991-92 season, an average of 21.7 million people watched it every week, Nielsen said.

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Things get hot and steamy on Ashton's anniversary

New details reveal that while Ashton Kutcher didn't spend his recent wedding anniversary with wife Demi Moore, he reportedly was far from alone.

According to Us Weekly, the Two and Half Men star was partying in his San Diego hotel suite with not one but two young female companions.

"Within five minutes, they were all naked in the hot tub, making out," a source tells the magazine. METRO

PHOTOS: GETTY IMAGES

▶ Ashton Kutcher

Arquette in 'friend zone'

While David Arquette and Courteney Cox have remained close throughout their year-long separation, a rekindling of their marriage isn't likely, Arquette admits.

"We're pretty much in the friend zone." METRO

Celebrity tweets

@DaveSFoley

"Socrates said 'the unexamined life is not worth living.' But the examined life is seldom worth talking about."

@DitaVonTeese

"The real reason I'm not a stoner is because it makes me crave Manwiches, corn dogs, cheeze whiz & carnival food."

@lisarinna

"Here's my Question — now I'm onto the MJ trial — did MJ's kids know that he had to be put to sleep every night by a doctor?"

@SethMacFarlane

"Thing I've never said #476: 'Hey, you mind if I put on some Smash Mouth?'"

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▶ Leonardo DiCaprio

Blake and Leo call it quits

While they never officially acknowledged that they were dating, Leonardo DiCaprio and Blake Lively have split up, both of their reps confirm, according to Hollyscoop. The pair first turned heads at the Cannes Film Festival earlier this year and reportedly dated throughout the summer. While DiCaprio is still in Australia filming the Great Gatsby, Lively was spotted over the weekend in Boston sharing an intimate dinner with Green Lantern co-star Ryan Reynolds. METRO

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In brief

BEST IN BOOTS

The iconic Canadian company Cougar Boots has revisioned one of its most popular models. The Cougar Pillow Boot, which was a staple of women's winter wardrobes for a number of years, has returned. The new Pillow still has the red fleece tongue and puffed leather that made the original so popular. Visit cougar-boots.com.

METRO

Following umpteenth designer departure, Emanuel Ungaro changes strategy.

Springtime in Paris

- At Paris Fashion Week, last spring's sexy, vampy looks were replaced with crisp A-line frocks, tailored trouser suits and romantic dresses
- Chanel hit all the right notes, while other designers played it safe

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

BEST IN SHOW: CHANEL

In what turned out to be the week's most gorgeous show, Karl Lagerfeld created an ivory, aquatic wonderland with models dressed in ethereal dresses, suits, separates and swimsuits that looked like shimmering saltwater pearls. Few designers today can produce such a large collection (a whopping 85 looks) with a singular vision that doesn't look repetitive and maintains a couture-level quality from beginning to end. The excitement in the room was palpable. In short, this is what Paris Fashion Week is meant to be.

GETTY IMAGES

HIGH HEMLINES: STELLA MCCARTNEY

For spring, McCartney continued the seductive streak she started for fall, only she replaced last season's sheer, body-con dresses with crisp, A-line frocks that revealed miles of leg. They were sporty with a flourish; each look came with contrasting coloured swirls that surfed their way along the hemline and up the torso. But everyday working women might find themselves gravitating toward her mannish wide-leg trousers and leisure shirts. They came in a variety of prints that resembled those found on men's ties.

GETTY IMAGES

TEMPERED GIRLY-NESS: CHLOÉ

Enter Clare Waight Keller, the latest Brit to move into the French house, who debuted her first collection for Chloé on Monday. Her clothes had the breezy femininity the house has become known for in the form of drop-waist dresses and soft, chiffon pleats. But she tempered the girly-ness with cotton T-shirts and button-down blouses that were slightly tomboyish. It was a sweet collection, but it felt more like a quiet arrival than a momentous debut. Here's hoping that changes come next show season.

GETTY IMAGES

ROMANTIC AND WEARABLE: GIVENCHY

After last season's vampy, sex kittens, Riccardo Tisci's quieter, romantic clothes for spring looked like a palette cleanser. Gone were the black cat graphics, latex and sheer skirts. Instead, he produced tailored jacket and short combos (a definite trend for spring) and trouser suits in the softest pink. They were wearable and practically sweet, a word you don't normally associate with Givenchy. Though a series of slinky mini-dresses with strategically placed sheer cut-outs that revealed naked breasts were classic Tisci.

GETTY IMAGES

JEWEL TONES: YVES SAINT LAURENT

For the past few seasons, each of Pilati's collections have been shown against speculation that his days at Yves Saint Laurent are numbered. But it didn't show on the runway. His sophisticated A-line coat dresses, elegant trouser suits, romantic cocktail dresses and dramatic evening gowns were all beautifully constructed and seemed to pay homage to the history of the house. Pilati's jewel-toned collection was cool and polished, perhaps too much so.

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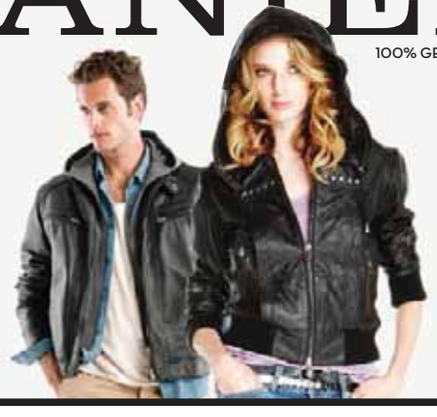

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Easy lifestyle tweaks for better living

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BY ERINN STERINGA

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According to Statistics Canada, about two-thirds of us aren't getting optimal amounts of vitamin D. And since low levels of the sunshine vitamin have been linked to osteoporosis, heart disease, certain cancers and depression, it's important to get your share.
Try the tweaks:
• Get outside and enjoy a few minutes of sunshine every day.
• Consider a supplement — Osteoporosis Canada advises 400 to 1,000 IU daily.

BE A SOCIAL BUTTERFLY
Researchers at Brigham Young University analyzed 148 studies involving more than 300,000 people and found those with strong social relationships were 50 per cent less likely to die early than those with few close ties.
Try the tweaks:
• Make socializing a priority. Organize a dinner party or join a softball team.
• Say yes to more invitations, even on weeknights.

HAVE BETTER SEX
A study in The Journal of Sexual Medicine reveals that regularly striking a yoga pose can improve arousal, desire and orgasms. So given the strong link between a healthy sex life and overall health and longevity, consider the big "O" just one more reason to say "om."
Try the tweaks:
• Buy a 10-pack of yoga classes or a studio membership so you'll be more inclined to go.

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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Will NEVER get used to the idea of coming to a McQueen show without McQueen. I miss him so much. Sure the show will be great. But somehow...

▶ **@Jeanne_Beker:** Lots of texture + flounce at McQueen

▶ **@Jeanne_Beker:** Dazzling gowns at McQueen

▶ **@kadejovacs:** Thank you @Jeanne_Beker for shining some light in the depths of my work day with your fashion twit pics

▶ **@Jeanne Beker:** xoxo!

▶ **@Jeanne Beker:** Selma Hayek says you can feel how Sarah Burton was able to channel McQueen for this stellar collection. They're inextricably connected.

▶ **@HumandChuck:** She worked so long with him ... always there to see the process.

▶ Dazzling gowns at the McQueen show.

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Everything but the turkey

Add some sparkle, shine and a few new colours to this year's Thanksgiving dinner table

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

When I was as young as five years old my inner decorator had me volunteering to create the Thanksgiving centrepiece for the dining table.

I'd collect fallen branches, rusty-coloured leaves and pinecones to make an elegant arrangement in the middle of the table.

Looking back at old family photos I realized that my hodgepodge of outdoor elements looked more rustic than elegant.

Today's festive tables are a little more than just old leaves and branches.

But there are many affordable ways to have an impressive table while keeping a budget in mind.

Here's how I will be decorating the Thanksgiving table this weekend.

Choose a table colour scheme

I've decided to mix neutral colours like brown and grey in my dishes and add trendy colours like orange, reds and greens.

If you (or your parents) have vintage Denby pottery in oatmeal or stone colours then bring it out for an earthy, pottered look for this year's celebration.

I'll be using the pewter collection from Corelle — the unbreakable dishes have some great trend-setting colours and patterns that fit right in with my busy lifestyle and will be perfect for those clumsy friends of mine.

Also, at less than $20 per place setting, I've stocked up with anticipation of upcoming holiday buffet parties.

POTTERY BARN

▶ A harvest feast.

POTTERY BARN

▶ Colourful faux leaves, $20, Pottery Barn.

Add some dazzle

As casual as the inexpensive dinner ware means adding some elegance to the table.

Layering some silver charger plates under the dishes will boost the image, and pulling out the oversized Riedel wine glasses will make everyone feel like a king and queen at the table.

Consider buying the right size and shape of glass for the wine that you most enjoy drinking. That way you can afford such a small luxury for entertaining.

I will also be breaking tradition and surprising my guests by serving a red wine with the turkey dinner.

Wine experts say a good Pinot Noir (try the Sterling Vintners Collection Pinot Noir for around $15) is a good choice as it is light and peppery and goes well with the elements of a turkey dinner.

A personal touch

After dinner I'll be serving a fabulous root beer float with vanilla ice cream and a shot of Captain Morgan Deluxe rum.

Sounds like a funny combination but it's a big fall favourite of mine when entertaining. Everyone loves it — especially with the scoop of vanilla ice cream!

Spice up the table

I like to mix fresh flowers, mini pumpkins and leaves with artificial elements.

A tiny pumpkin used as a vase with two or three silk flowers makes for fun individual arrangements at each place setting.

The mini pumpkins are also great as a votive candle holder and when boiled in simple syrup, they make tasty and edible bowls for serving dessert.

Go glam

I like the layer the table with luxurious fabrics to set the tone of an eclectic meal.

A lush throw, washable silk quilt or faux fur often help to add the glam factor to the table.

In Europe, the trend of using bright coloured Moroccan rugs on the tables inspired me to try this at home.

Perhaps you have a coloured pair of vintage drapes that you don't know what to do with — release the pinch pleats, give them a wash and use them as a beautiful table covers.

CRATE & BARREL

A fun touch

Don't forget about under your dining table:

- **Fall foliage:** I like to scatter real and coloured paper leaves under the table and chairs.
- **Guests** will love the look of the fall ground cover when they enter the room!

CONTRIBUTED

▶ Fine stemless wine glasses add an elegant yet casual feel to the table; $24/set, Riedel.

WEST ELM

▶ Quilts and throws add instant personality to a table when used as coverings. $110, West Elm.

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Create a gorgeous guest room

- Make your house guests feel like royalty when visiting
- Warning: Your in-laws may come to stay and not leave

DIY IDEAS

Turn your typical guest bedroom into an elegant hideaway using these tips from Marriage Under Constructionon on DIY Network Canada, which follows the stress and drama as newlyweds purchase, renovate and decorate their first homes.

Create a cosy nook
Give your guest a special **reading corner**. Bring in a comfortable chair and adorn it with a soft throw.

Ensure there is a stack of magazines and good books waiting for them, with some personal picks on hand. Set up a variety of pillows on the bed and install lights into the headboard so they can lay back and unwind.

Give them a nice wake up
Most people aren't ready to face the day in the early morning, so bring them **breakfast in bed**.

Purchase a lovely wicker tray that will make a beautiful presentation and adorn it with homemade goodies to make their morning bright.

Have a place to primp
Consider your guests' routine and include a **dressing table**.

Use a small circular table backed with a mirror to reduce space but provide function.

Add a pretty tablecloth or dress it up with antique pieces and fresh flowers to finish off the look.

Let them unpack
Always provide **storage** for your guests.

Find space in the room for a dresser with empty drawers so they can completely unpack during their stay.

Provide hangers for them to use in a closet — don't fill it up with your own storage.

No one wants to flash the neighbours
Provide tasteful **window treatments** that focus on privacy and darkness to allow for a better sleep.

Choose fabric that will darken the room and a design that will minimize the light from slipping in.

If you prefer blinds, choose three- or four-inch slats over one-inch slats to prevent light from getting in between slats.

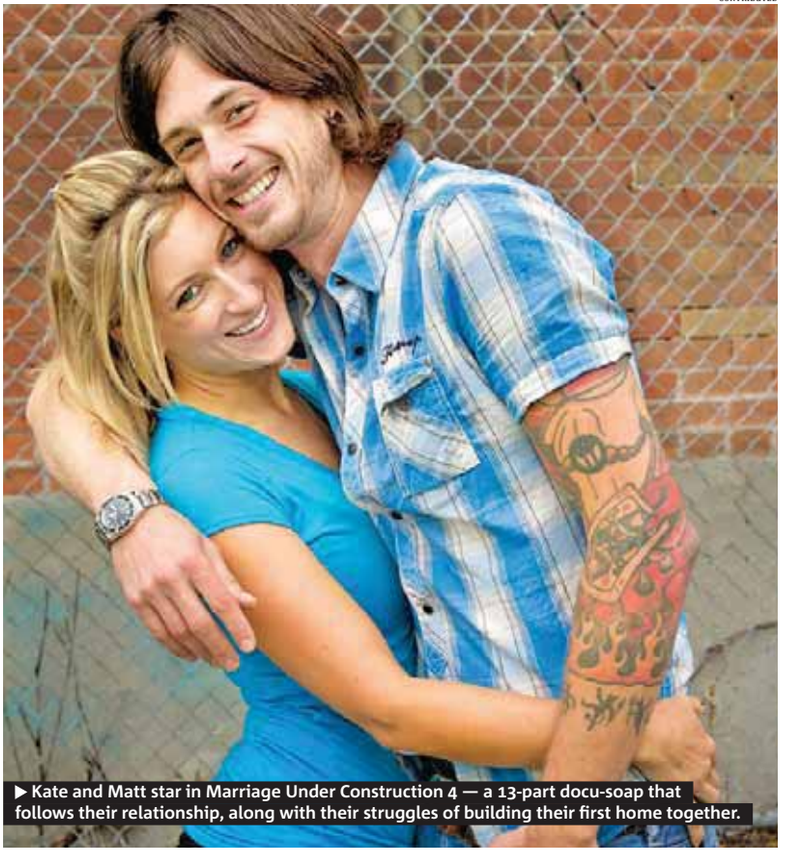
Make a statement
Add your own **sense of style**. You can be more liberal with design in this room since you don't see it or use it every day.

Try new colours that are richer and bolder, and include textured accents like throw pillows with braids and blankets with fringe.

Reupholster accent pieces in a statement pattern and dress up plain flooring with a rug.

MARRIAGE UNDER CONSTRUCTION AIRS MONDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

CONTRIBUTED



▶ Kate and Matt star in Marriage Under Construction 4 — a 13-part docu-soap that follows their relationship, along with their struggles of building their first home together.

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Cathy

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2. Liquid laundry soap is best for oil and grease.

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ISTOCK

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HEMERA TECHNOLOGIES/ABLESTOCK.COM/THINKSTOCK

▶ Buying a home for the first time can offer many obstacles, from financing to choosing the right area.

Home sweet Home

Metro goes house shopping with three new homebuyers — and it's an exercise in weighing out lifestyle preferences and needs with available funds and other finances

JON TATTRIE
FOR METRO

Meet Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, who want to start a family. They are both shopping for a place to live and neither have previously owned their own home.

While Stanton is a single man about town and wants a place that is easy to live in and "a solid bet for a good return on investment," the Rushtons are focusing more on finding a place that will accommodate their plans to have a family.

In any case, the first thing both buyers should do, says Chris Mooney, president of the Realtors Association of Edmonton, is to sit down with a mortgage broker or bank to see how much money they can borrow … which is what they do. The Rushtons come back with $250,000, while Stanton gets a $400,000 limit.

Next stop: Meeting with a real estate agent to talk about options. The Rushtons could get a two- or three-bedroom townhouse in the suburbs, and they will want to check out schools and transportation in the area, too.

On the other hand, a 1,000-square-foot downtown condo might be exactly what Stanton wants. Mooney says Stanton's hefty 25 per cent down payment and big budget opens the market up considerably. "There's a lot of new condos in the downtown market," Mooney says. "It's a sound investment with the convenience of living downtown."

Charlotte Hansen, a Halifax-based realtor with Royal LePage, reminds both to factor in monthly bills for a complete financial picture of what they can afford.

She directs the Rushtons to the suburbs, too. The further out they go, the bigger the houses and yards get.

Stanton spends a lot of time at his downtown office, so a quick walking commute trumps the need for a bigger home. "If he's working a lot, he probably will be looking for something with lower maintenance," Hansen says.

He won't have to worry about shovelling snow or cutting grass and when he leaves on business trips, he just has to lock the door and walk away.

Money talks

Of course, buying a house costs more than the sticker price you see on the MLS listing.

When Metro new homebuyers Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, started shopping for houses, we spoke to two mortgage advisers to get financial advice.

Before anything, Laurie Foster, an independent mortgage broker with Verico in Winnipeg, says "we need to look at their current financial picture — do we need to restructure other debt?"

All three have been renting and the monthly mortgage payments will be about the same amount. But, Foster says, they now will have to pay for utilities, property tax, Internet and cable.

Foster also recommends setting aside about two per cent of the purchase price to cover lawyer fees, deed transfer tax and other closing costs. Some brokers recommend as much as four per cent.

The Rushtons will likely go with a fixed-rate mortgage (which means the interest rate they are paying is locked in for a fixed period, usually from one to five years) so monthly payments are easy to budget.

Stanton has deeper pockets and will likely go for a variable mortgage rate (which means the monthly interest rate varies depending on what's going on in the market). If interest rates stay low, he could save a bit of money. If the rates rise, he can take a hit.

Both buyers should have a contingency fund that will cover three months of payments in case of layoffs.

Because the Rushtons are paying less than a 20 per cent down payment, says Jamie Small, an adviser with Ottawa Mortgage, they will have to factor in mortgage default insurance, which adds one to three per cent to the total cost.

"We also consider what stage borrowers are in their career. Is their income going to be increasing or is it fixed?" Small says.

Chris Mooney recommends both take a 25-year mortgage. Stanton can pay lump sums on the mortgage anniversary or double monthly payments with his bank bonuses to take a deeper cut out of the balance while maintaining cash fluidity.

In the end, the Rushtons get a purchase-plus-improvements mortgage so they can get a new roof and thick insulation, tacking the $10,000 bill onto the mortgage. And they call in friends and family for the move.

Stanton, valuing time over money, shells out $2,000 for movers.

JON TATTRIE

DIGITAL VISION/THINKSTOCK

Red flags

Wondering if you are touring a money pit? Here are four red flags.

1. Dampness or mould. "Sometimes this can be found around the baseboards and can signal a moisture problem," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association.
2. Cracks in the foundation. "They're easier to find if the basement isn't finished," she says.
3. Curly shingles. A roof with shingles starting to curl and looking rough around the edges indicates an old roof. "Also, when you're walking through the house, look for cracks or staining in the ceiling. That could indicate a leaky roof," she warns.
4. Wonky floors. Bumpy or uneven floors could point towards a structural issue.

ASTRID VAN DEN BROEK

Simple fun

A day picking apples allows you to enjoy the outdoors and family

KELLY PUTTER
FOR METRO

The beauty of apple picking has to be its simplicity.

While it's a good idea to dress for the weather, apple growers have seen it all, from diaper-clad youngsters hiked up on dad's back reaching for a crisp Spartan, to apple pie making mamas dressed in their high heels.

"There's a bit of magic in picking an apple from a tree because no one has touched it before," explains Tom Chudleigh, who has been selling apples for 44 years from his 100-acre farm in Halton Hills, Ont.

Though the apple picking season and the varieties vary from East Coast to West and from farm to farm, you can still find plenty of pick-your-own apple farms that aren't too far from home. Some operations combine fruit picking with other fun farm experiences such as hayrides, corn mazes and hot apple cider during the fall season.

Be sure to bring bags or baskets to carry home your haul. Expect to pay in the neighbourhood of $1.85 to $2.50 per kilogram. And bring cash since many DIY farms don't accept debit or credit cards.

Also, remember to call ahead for availability and you-pick hours. Weekends are the busiest time so if you can get away through the week all the better. And don't forget to pack a picnic lunch.

When picking, Chudleigh recommends you take the apple in your hand and turn its eye to the sky until it separates from the tree.

As for how to know when apples are ripe for the picking? Nothing beats a little taste.

"From a pick-your-own farmer's perspective, the apple should be chin-dripping juicy right off the tree," says Chudleigh.

ISTOCKPHOTO/THINKSTOCK

▶ There's a bit of magic in picking an apple from a tree, says apple farmer Tom Chudleigh.

Enjoy fall events

Vancouver International Improv Festival
Oct. 5-10. This annual performance festival brings talented improvisational performers from across North America to Vancouver for 20 shows of comedic and improv brilliance. For more, see vancouverimprovfest.com/

Vancouver International Film Festival 2011
Sept. 28-Oct. 14. Both in terms of admissions and number of films screened (148,000 and 373 respectively in 2010) VIFF is among the five largest film festivals in North America. For more, see viff.org/festival/

Grave Tales at Fort Langley
Oct. 7-30. Fort Langley's past is depicted at night by expert storytellers, and will leave you spellbound. For more, see pc.gc.ca/lhn-nhs/bc/langley/index.aspx.

Light the Night Walk
Oct. 15. Each year, in communities all across the United States and Canada teams of families, friends, co-workers and local and national corporations come together to raise funds for The Leukemia & Lymphoma Society's Light The Night Walk events and bring help and hope to people battling blood cancers. For more, see lightthenight.org/

Bhangra.me: Vancouver's Bhangra Story
Until Oct. 23. Experience an interactive exhibition that chronicles Bhangra music, dance and politics in Vancouver. For more, see museumofvancouver.ca.

METRO

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Over-the-top $16 muffins

Report says the U.S. government spent $16 a pop on muffins Wonder how such a pricey treat would taste? This recipe answers the question

Recent news that the U.S. government supposedly paid $16 apiece for breakfast muffins set off spending critics. Hilton Worldwide, the company that hosted the 2009 confab, disputes the accuracy of the claim in a report by the Justice Department's inspector general. The IG stands by the report.

The typical muffin baked in an institutional setting costs about 50 cents, not counting labour. The Associated Press looked to bump up the price of a basic muffin. Here are the $16 results.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe makes 12 muffins.

Ingredients:

- 625 ml (2 1/2 cups) organic all-purpose flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) sea salt
- 90 ml (6 tbsp or 3/4 stick) unsalted cultured butter
- 125 ml (1/2 cup) maple sugar
- 125 ml (1/2 cup) imported honey (the rarer the better)
- Seeds scraped from 2 Tahitian vanilla beans
- 2 free-range organic eggs
- 125 ml (1/2 cup) organic milk
- 500 ml (2 cups) chopped dried strawberries (soaked in boiling water for 10 minutes, then drained)
- 250 ml (1 cup) chopped macadamia nuts, toasted

Topping

- 500 ml (2 cups) top-shelf Scotch whisky
- 500 g (1 lb) high-end, organic dark chocolate, chopped, divided
- 30 ml (2 tbsp) unsalted cultured butter
- 30 ml (2 tbsp) imported honey (the bigger the carbon footprint, the better)
- 5 ml (1 tsp) canola or vegetable oil
- 12 fresh strawberries
- 250 ml (1 cup) chopped macadamia nuts, toasted
- 50 ml (1/4 cup) gold leaf flakes, loosely packed

Preparation:

1. Heat oven to 190 C (375 F). Line 12 muffin tins with muffin cups.
2. In bowl, sift flour, baking powder and salt. Set aside.
3. In bowl of electric mixer, cream butter, maple sugar, honey and vanilla seeds until fluffy. Add eggs, one at a time, scraping bowl between additions. Add half flour mix, then milk, then remaining flour mix, beating and scraping bowl between each addition.
4. By hand, stir in dried strawberries and nuts. Spoon mix into lined muffin tins. Bake 25 mins. or until toothpick inserted at centre comes out clean. Let cool 5 mins., then transfer to a wire rack to cool.
5. Topping: In skillet, heat Scotch whisky. Bring to a simmer and reduce to 125 ml (1/2 cup).
6. In heat-safe bowl, place half of chocolate, butter and honey. Pour hot reduced liquor over chocolate. Let sit 2 mins., stir until smooth and glossy. Set aside.
7. Line baking sheet with waxed paper. In microwave-safe bowl, combine remaining chocolate with oil. Microwave in 15-second bursts, stirring between, until melted. One at a time, dunk each strawberry into chocolate, covering about three-quarters. Set on waxed paper, then refrigerate few mins to harden.
8. Once muffins cool, spoon glaze over top of each, spreading to coat top surface. Sprinkle macadamia nuts around outer edge, then sprinkle gold leaf over centre surface. Top each with a chocolate-covered strawberry. **THE ASSOCIATED PRESS/ ALISON LADMAN**

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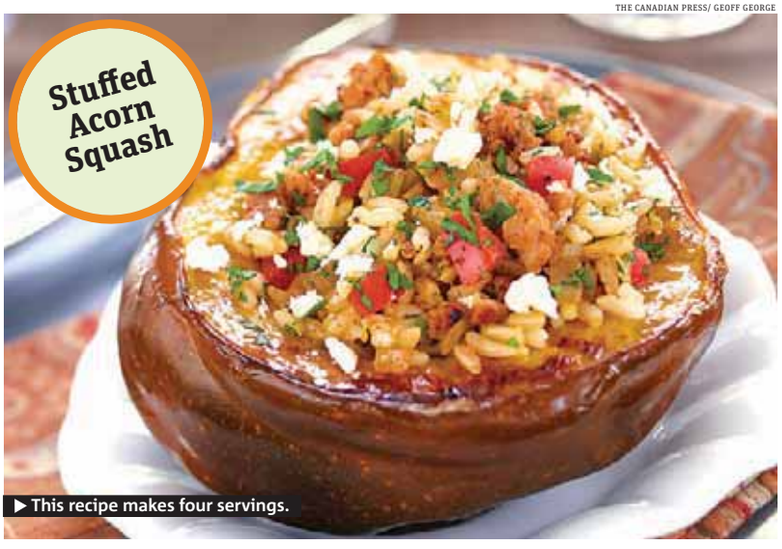
Extremely versatile and appropriate for fall gatherings, acorn squash stuffed with rice and goat cheese can be served as a mouthwatering rustic main or a beautiful side to complement your holiday spread.

THE CANADIAN PRESS/ GEOFF GEORGE



▶ This recipe makes four servings.

Preparation:

1. Heat oven to 200 C (400 F). Then rub cut squash all over with oil and place cut side down on parchment-lined rimmed baking sheet. Bake until tender, about 30 mins. Remove from oven and let cool slightly before turning over.
2. In skillet, brown sausage, breaking meat into small pieces with wooden spoon. Transfer to a plate.
3. Add onion and red pepper to skillet and cook until onion is tender and browned, about 7 minutes. Stir in rice and cook until rice is coated, about 2 minutes. Stir in broth, scraping any brown bits from the bottom of the pan.
4. Bring to a boil, reduce heat to low, cover and simmer until most of the liquid has been absorbed, about 45 minutes. Stir in sausage, parsley and crumbled goat cheese and divide rice mixture evenly over squash, packing slightly.
5. Return to oven until heated through, about 15 minutes. Serve with a crisp green salad.

THE CANADIAN PRESS/ USA RICE FEDERATION

Ingredients:

- 2 acorn squash, halved and seeded
- 15 ml (1 tbsp) olive oil
- 250 g (1/2 lb) turkey sausage, casing removed
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 250 ml (1 cup) cooked brown rice
- 500 ml (2 cups) chicken broth
- 50 ml (1/4 cup) fresh chopped parsley
- 60 g (2 oz) crumbled goat, crumbled.

Sweet Potato and Ontario Apple Gratin

Preparation:

1. Preheat oven to 400°F (200°C). Arrange half of the sliced sweet potatoes over the bottom of an 8-inch round (2 L) baking dish. Arrange half of the sliced onion rings over the sweet potatoes and half of the sliced apples over the onion. Repeat these layers with remaining ingredients.
2. In medium bowl, whisk together milk, flour, mustard, salt and pepper. Drizzle over apples. Sprinkle with cheese.
3. Cover with foil and bake in preheated oven for 45 minutes. Remove foil and bake until cheese is bubbly and golden and potatoes and apples are tender, 15 minutes. Let stand 10 minutes before serving.

NEWS CANADA

▶ This Gratin serves eight.

Ingredients:

- 3 lbs (1.5. kg) sweet potatoes, peeled and sliced in 1/4-inch (5 mm) rounds
- 1 onion, sliced into rings
- 4 Ontario apples (such as Empire, Golden Delicious or Cortland) peeled, cored and sliced in 1/4-inch (5 mm) thick rounds
- 1 cup (250 mL) milk
- 1 tbsp (15 mL) all-purpose flour
- 1/2 tsp (2 mL) dry mustard
- 1/2 tsp (2 mL) each salt and pepper
- 1 cup (250 mL) shredded Gruyère cheese

Weekly Cookbook

Pat Crocker, home economist, herbalist and award-winning author of eight cookbooks, returns with Preserving: The Canning and Freezing Guide for All Seasons (HarperCollins, 2011).

The cookbook focuses on simple but effective concepts. It follows the seasons, providing easy-to-follow, accurate and thorough information on preserving everything from asparagus to winter squashes. Canning, jamming and freezing techniques are covered, from the most basic hot-packed fruit recipes to gorgeous, internationally flavoured chutneys and relishes.

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This off-dry Riesling is an affordable, easy-drinking wine that pairs well with everything from the first course right through to dessert.

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Thanksgiving dinner is full of rich, bold flavours - balance your meal with a light touch of sweetness.
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4 sports

Quoted

"It's great for the fans to show such great appreciation for your play on the ice and what you do off the ice. It makes you feel good, gives you an extra boost and it makes you just want to win that much more. That can only help in the wins and loss column."

THIRD-YEAR JETS FORWARD EVANDER KANE ON THE ATMOSPHERE IN WINNIPEG

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DARRYL DYCK/THE CANADIAN PRESS

▶ Roberto Luongo rides a stationary bike on the opening day of training camp last month.

Turning the page

Canucks anxious to begin journey back to the Stanley Cup final

A short summer that seemed to last forever is finally over for the Vancouver Canucks.

The Canucks open their NHL season against the Pittsburgh Penguins tonight. It's the first step in what the Canucks hope is another long journey to the Stanley Cup final.

"It feels good," said captain Henrik Sedin. "You can only practise so long."

Goaltender Roberto Luongo said losing last year's final in seven games to the Boston Bruins taught the Canucks some valuable lessons.

"We have gained a lot of experience," said Luongo. "We went through a lot the last season.

"We can use that as far as experience goes to grow as a team and grow individually."

Getting over the frustration and disappointment of losing the cup hasn't been easy. Sedin said it's a scar that might never totally heal.

"The experience we went through last year has made us better."
CANUCKS COACH ALAIN VIGNEAULT

"I don't think it's gone but you have to focus on this year," he said. "If it's in the back of your head a little bit, that's a good thing.

"Other than that, you have to move forward."

Vancouver faces a Pittsburgh team that will start the season without former league MVP Sidney Crosby, who hasn't played since Jan. 5 due to concussion problems.

Crosby is travelling with the Penguins and practised with his teammates yesterday. He has not been cleared for contact in practice and doesn't know when he will play again.

"I felt good," he said. "I have been feeling good the last few weeks.

"I am happy with the way things have gone."

The Penguins will still ice a squad that features Evgeni Malkin, Jordan Staal and goaltender Marc-Andre Fleury.

"Nobody underestimates them, even missing Crosby," said Cody Hodgson, the former first-round draft pick who will start the season centring Vancouver's second line.

"They have a lot of high-end talent. We have to be at our best to beat them."

Malkin said the game will be a great early test for the Penguins.

"Vancouver is a great team, a tough team," said Malkin, who missed a large hunk of last season with a knee injury.

"They have tough defencemen and a great goalie. We have a good team too. Tomorrow I think will be a good game."

The Canucks hope to take a page from the Penguins' history.

Pittsburgh lost to the Detroit Red Wings in the 2008 Stanley Cup final. The Penguins battled back to the final in 2009, beating the Red Wings for the cup.

The last team before Pittsburgh to lose in a final, then return to win the next year, was the Edmonton Oilers. They lost to the New York Islanders in 1983 before beating the Islanders in 1984 for Edmonton's first Stanley Cup.

THE CANADIAN PRESS

Western Conference

Anaheim Ducks
Much of the excitement comes from young blue-liners Cam Fowler and Luca Sbisa to go with rearguard Lubomir Visnovsky, who is coming off a 68-point season. Getting goalie Jonas Hiller back should also be a plus. Perhaps the best news was that 41-year-old Teemu Selanne is back.

Dallas Stars
Centre Brad Richards is gone and replacing the free agent's 77 points will be a challenge. It makes Mike Ribeiro a first-line centre for the first time. There's extra support from Loui Eriksson and Brenden Morrow. They'll look for a step forward from 22-goal man Jamie Benn.

Nashville Predators
Goaltender Pekka Rinne and the first-rate defence pair of Shea Weber and Ryan Suter, along with savvy coach Barry Trotz, took the Preds to the second round for the first time last spring. They have to try it again with top scorers Sergei Kostitsyn and Martin Erat, who each had only 50 points.

Calgary Flames
Although he had back trouble in camp, captain Jarome Iginla showed last season he is not slowing with age with a 43-goal, 86-point season. He will team again with Alex Tanguay and perhaps prospect Mikael Backlund or veteran Olli Jokinen on the Flames' top line.

Chicago Blackhawks
Salary cap woes prompted a rebuild after their 2010 cup victory and the Hawks look ready to challenge again. The core of Jonathan Teows, Patrick Kane, Patrick Sharp and Marian Hossa up front remains. Added this summer was tons of toughness in Jamal Mayers, Sean O'Donnell and Dan Carcillo.

Colorado Avalanche
It's all about youth, starting with centre Matt Duchene who led the team with 67 points. Now top-pick Gabriel Landeskog is in the picture. It points to a bright future, especially with Paul Stastny and veteran Milan Hejduk to add offence. Goaltending remains a question mark.

Columbus Blue Jackets
The arrival of Jeff Carter from Philadelphia could make a potent top-line with Rick Nash, and when new rearguard James Wisniewski finishes serving an eight-game suspension, it could make for a solid power play. Much will depend on unproven secondary scoring.

Detroit Red Wings
Stalwarts Kris Draper, Brian Rafalski and Chris Osgood are gone and Niklas Lidstrom turned 41 in April. But there is a reason they have not missed the playoffs since 1990 — their ability to renew themselves. Pavel Datsyuk and Henrik Zetterberg remain, with a fresh crop of youngsters.

Edmonton Oilers
The ever-popular Ryan Smyth is back and his experience should be a boost to all the young talent the Oilers have amassed. No. 1 draft pick Ryan Nugent-Hopkins joins 2010 top pick Taylor Hall, Magnus Paajarvi, Jordan Eberle and Linus Omark. The future looks bright.

Los Angeles Kings
The signing of star defenceman Drew Doughty to an eight-year contract should send an improving Kings team into the season on a high. The acquisitions of two-way centre Mike Richards and sniper Simon Gagne adds to a potent group including Anze Kopitar, Dustin Brown and Dustin Penner.

Minnesota Wild
Bold moves were made to land Dany Heatley and Devin Setoguchi from San Jose, but it cost Brent Burns and Martin Havlat, the team's co-leader in scoring with 62 points. Rearguard Cam Barker is also gone. The power play could improve with new wingers for star centre Mikko Koivu.

Phoenix Coyotes
Goaltender Ilya Bryzgalov has gone to Philadelphia and it will be Mike Smith in goal. It's not good news for a team whose best goal-scorer was veteran Shane Doan with 20. The good news was that Keith Yandle took another step toward becoming an elite defenceman.

San Jose Sharks
The Sharks have had a maddening run of playoff disappointment, including losses in three conference finals, despite amassing 100 or more points in six of the last seven seasons. Acquiring Brent Burns and playmaker Martin Havlat bolsters their defence without giving up too much on attack.

St. Louis Blues
The Blues will see how much veterans Jason Arnott and Jamie Langenbrunner have left after adding their experience to a young roster. The defence duo of Kevin Shattenkirk and Alex Pietrangelo is a source of optimism, and they know goalie Jaroslav Halak will be great.

Vancouver Canucks
The most significant piece gone from last season's first overall team is Christian Ehrhoff, their top scoring defenceman with 50 points. They still have size, skill and depth up front and remain one of the NHL's best — on paper.

THE CANADIAN PRESS

NHL storylines to watch

PHOTOS
1. JOHN WOODS/THE CANADIAN PRESS
2. PAUL BERESWILL/GETTY IMAGES
3. BRUCE BENNETT/GETTY IMAGES
4. BRUCE BENNETT/GETTY IMAGES

1 The best story over the summer was undoubtedly the league's decision to return a team to Winnipeg after 15 years. The Manitoba capital has been bursting with excitement ever since, making the Jets a sentimental favourite. Can the enthusiasm carry them to the playoffs?

2 The tragic death of three enforcers over the summer prompted some to raise the age-old question about whether fighting still belongs in the sport. While totally banning fighting still seems a long way off, the general managers are bound to dissect the issue again when they sit down together this season.

3 Two teams garnering a lot of pre-season Stanley Cup hype are San Jose and Washington. Sound familiar? Both franchises have been seen as powerhouses in recent years, only to fall short in the playoffs.

4 Teemu Selanne and Jaromir Jagr seem like stars from a bygone era, but both remain active in the NHL. Selanne is coming off an amazing 80-point season with Anaheim while Jagr signed with Philadelphia after three years in the KHL. Can they continue to turn back the clock for one more year? THE CANADIAN PRESS

Spotlight shining brighter than ever

All at key turning points in their careers, here are five NHLers surrounded by intrigue going into 2011-12

No one is pumping Roberto Luongo's tires now.

The Vancouver Canucks goalie was the most talked about — and skewered — player during a Stanley Cup final run that ended in disappointment and riots when he fell flat through seven games against the Boston Bruins.

Four months later, Luongo finds himself back in the spotlight — will he be the player who earns Vezina Trophy consideration during the regular season or the one who endured some struggles in the playoffs?

With the 2011-12 season set to get underway tonight, Vancouver's most enigmatic athlete tops our list of five players to watch this year:

JAE HONG/THE ASSOCIATED PRESS

Roberto Luongo
VANCOUVER CANUCKS

Adding intrigue to Luongo's situation is the fact he has arguably the most capable backup in the league. Many believe Cory Schneider is good enough to be a No. 1 man and the Canucks intend to give him more than the 25 appearances he received last year. If Luongo struggles, it could be a lot more.

MARK J. TERRILL/THE ASSOCIATED PRESS

Drew Doughty
LOS ANGELES KINGS

The smooth-skating defenceman finally got a big contract out of the Kings, but now he'll have to earn it. The $56-million US man is the highest-paid member of a team expected to challenge for a championship and will be playing catch up after missing almost two weeks of training camp.

GREG FIUME/GETTY IMAGES

Tomas Vokoun
WASHINGTON CAPITALS

Expectations are even higher than normal in D.C., where the veteran Czech goalie signed a bargain $1.5-million deal for the chance to play for a Stanley Cup. The 35-year-old has consistently been one of the league's better goaltenders but has yet to win a playoff series.

CHRISTIAN PETERSEN/GETTY IMAGES

Jarome Iginla
CALGARY FLAMES

The Flames captain has played all 82 games in five-of-six seasons since the lockout, but was hampered by back spasms during training camp. So far, Iginla hasn't shown many signs of age (he had 43 goals and 86 points last year) — can he fend off Father Time for another season?

BRUCE BENNETT/GETTY IMAGES

Jaromir Jagr
PHILADELPHIA FLYERS

About the only guarantee that can be made about Jagr's return to the NHL is that he'll finally hit the 1,600-point barrier. Jagr needs just one more point to do it. But after three years in Russia, and at age 39, it's anyone's guess what the five-time scoring champion has left.

THE CANADIAN PRESS

It's Game Time!

Here's what hockey-driven-Metropolitans have to say about the upcoming NHL season.

45% of Metropolitans are your red-blooded Canadian hockey fans – 15% of those are the ones you'll see screaming at the TV or at ice-level wearing jerseys and body paint!

87% root for their home team

PRE-GAME RITUALS?
Here's what some of you do before the puck drops:
"Call my dad"
"Kiss my miniature Stanley Cup"
"Wear my team's jersey"
"Pray"
"Grab beer and nachos"
"Study stats"
"Put on my lucky socks"

Which Canadian city should be next in line for a new NHL team?

Quebec City	33%
Hamilton	32%
Toronto	19%
Other	17%

Is fighting an essential part of the NHL?

Yes, it's part of the game	40%
No, we have the UFC for that	60%

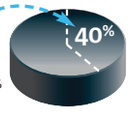
Do you think the Canucks will make it back to the Stanley Cup final?

Yes	51%
No	49%

Do you think Sidney Crosby will return to action this season?

Who's going to be the top rookie in 2011?

Ryan Nugent-Hopkins, Edmonton Oilers	40%
Ryan Strome, New York Islanders	24%
Jussi Rynnas, Toronto Maple Leafs	18%
Jonathan Huberdeau, Florida Panthers	17%



Has Gary Bettman been a good ambassador for the NHL?

Yes	18%
Not in Canada	45%
Not Anywhere	37%

Who do you think will win the Stanley Cup?

Vancouver	16%
Toronto	9%
Montreal	8%

think 3 or 4 Canadian teams will make it to the playoffs this season

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

Source: Metropolitan Panel Survey; 336 Respondents; September 2011

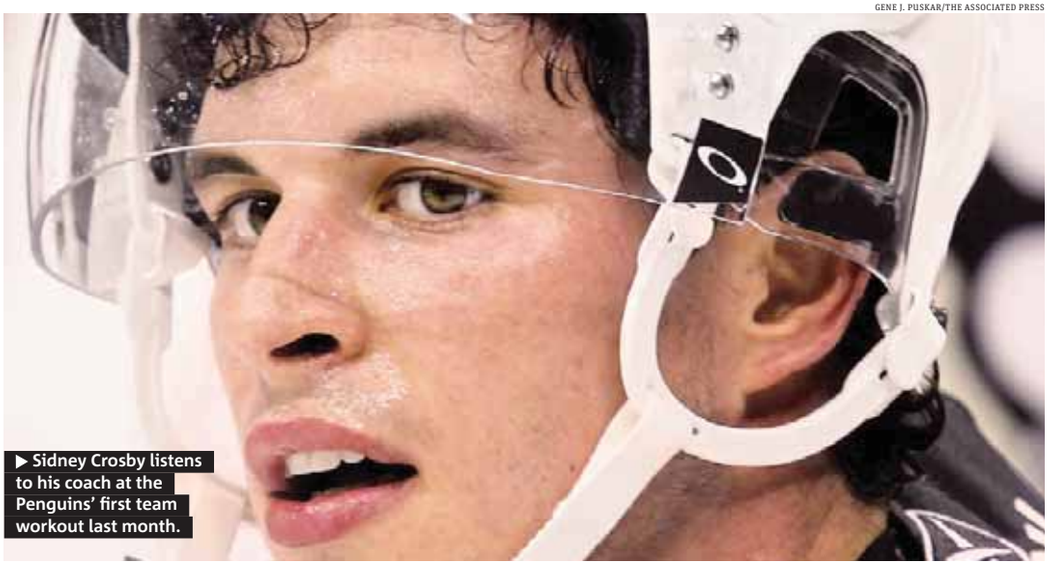
Join TODAY at metropolitanpanel.ca

Metropolitan Panel

No return for Crosby at site of golden goal

Former MVP skated with teammates but won't be in the lineup today against the Canucks

GENE J. PUSKAR/THE ASSOCIATED PRESS



▶ Sidney Crosby listens to his coach at the Penguins' first team workout last month.

It didn't match the thrill of his golden moment, but simply practising at Rogers Arena with his teammates was another small victory in Sidney Crosby's long road back to the NHL.

The Penguins captain, who hasn't played a game since suffering a concussion Jan. 5, skated with his Pittsburgh teammates yesterday. The former league MVP still doesn't know when he will be cleared for game action.

"It's a day at a time," Crosby said with a smile, sweat dripping off his face after another practice that didn't include contact drills. "I don't think I've ever appreciated just being able to do this every day as much as lately because for a long time I wasn't able to.

"You just get up every day and try and go as hard as you can and hope you feel good. For me the last few weeks have been great. No complaints."

The last time Crosby played a hockey game in Vancouver, he scored the overtime goal in Canada's gold-medal victory against the United States at the 2010 Winter Olympics.

The happy memories wrapped themselves around Crosby like a blanket when he stepped on the Rogers Arena ice yesterday.

"It's full of great memories," said the 24-year-old from Cole Harbour, N.S. "It's pretty easy for that to creep back into your head."

Crosby isn't expected to play in Pittsburgh's three-game swing through Vancouver, Calgary and Edmonton. He's disappointed about missing the season-opener but believes he's on the road to recovery.

"When you've gone through something for this long ... you appreciate the little victories and having the opportunity to just go out and go as hard as you can and feel good," he said.

Crosby skated the whole practice, was fast on his feet and handled the puck well.

He shrugged when asked if he sees a light at the end of the dark tunnel he's been travelling through.

"It's a day at a time," Crosby said. "I know it's a cliché.

THE CANADIAN PRESS

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Vancouver
Leading Age Computers: 3399 Kingsway Ave
Vancell Repairs: 3292 E 29th St

Cards alive, force NLDS Game 5

CARDINALS	PHILLIES
5	1

David Freese homered, doubled and drove in four runs as the St. Louis Cardinals tagged Roy Oswalt and beat the Philadelphia Phillies 5-3 last night, forcing a deciding fifth game in their NL division series.

Edwin Jackson recovered from a rocky beginning to win his first playoff start with six solid innings.

Albert Pujols was hitless in four at-bats in what could have been his final home game with the Cardinals. He received thunderous cheers every trip to the plate from a standing room crowd of 47,071, second-largest at six-year-old Busch Stadium.

Roy Halladay, the Game 1 winner, will face St. Louis ace Chris Carpenter on tomorrow night in Philadelphia. THE ASSOCIATED PRESS

Late game

The Arizona Diamondbacks beat the Brewers 10-6 in the other NLDS to force Game 5 tomorrow afternoon in Milwaukee.

Eastern Conference

Boston Bruins
There were no significant roster changes to the team that lifted the Stanley Cup in June, but the Bruins face pretty long odds of repeating that feat. The challenge might be toughest for Tim Thomas, who is coming off one of the finest seasons by a goaltender in league history.

Florida Panthers
Needing to spend money to get to the salary floor, general manager Dale Tallon completely overhauled his roster this summer. With as many as 10 new players in the lineup, one of the biggest challenges for new coach Kevin Dineen will be getting his team on the same page.

New York Islanders
Life seems to be looking up a bit on Long Island, where John Tavares heads into his third NHL season poised to take another step ahead. He leads an intriguing group of young forwards that includes Michael Grabner and rookie Nino Niederreiter. Defenceman Mark Streit will also be back.

Philadelphia Flyers
While the expensive acquisition of Ilya Bryzgalov gives Philadelphia the top-flight goaltending it has been missing, the team is going to take a step back offensively without Mike Richards and Jeff Carter — unless Jaromir Jagr can magically turn back the clock.

Toronto Maple Leafs
They should be in the playoff mix if James Reimer plays as well as he did last season when the unheralded goalie claimed the No. 1 job in the second half. Brian Burke thinks his team will be as good as any defensively, but it's unclear if there's enough talent up front to fill the net.

Buffalo Sabres
After buying the Sabres earlier this year, Terry Pegula just kept on writing cheques. The team was a big spender over the summer, acquiring Ville Leino, Robyn Regehr and Christian Ehrhoff. There are no glaring holes in this Sabres team, especially if Ryan Miller returns to Vezina Trophy form.

Montreal Canadiens
The Habs find themselves on the playoff bubble once again. With Roman Hamrlik departed for Washington and Andrei Markov still fighting injuries, questions remain on the blueline. Fortunately, goaltender Carey Price is coming off his best season and has shown he can shoulder the load.

New York Rangers
Brad Richards is set to take Broadway by storm, giving the Rangers the kind of playmaking centre they've lacked. He's reunited with coach John Tortorella — they won a Stanley Cup together in Tampa — and should have a major impact.

Pittsburgh Penguins
Pittsburgh finished with 106 points despite playing large chunks of last season without Evgeni Malkin and Sidney Crosby and should remain among the NHL's elite, particularly if it has better luck on the health front. This could be a serious Stanley Cup contender.

Washington Capitals
The top team in the conference two years running added to its arsenal in the offseason. Tomas Vokoun's arrival gives the Caps a proven veteran in goal and was accompanied with the additions of veterans Roman Hamrlik, Joel Ward and Troy Brouwer.

Carolina Hurricanes
Expect them to be in the hunt for a playoff spot again. General manager Jim Rutherford — an excellent bargain hunter — bolstered his lineup with veterans Tomas Kaberle, Alexei Ponikarovsky, Anthony Stewart and Brian Boucher over the summer.

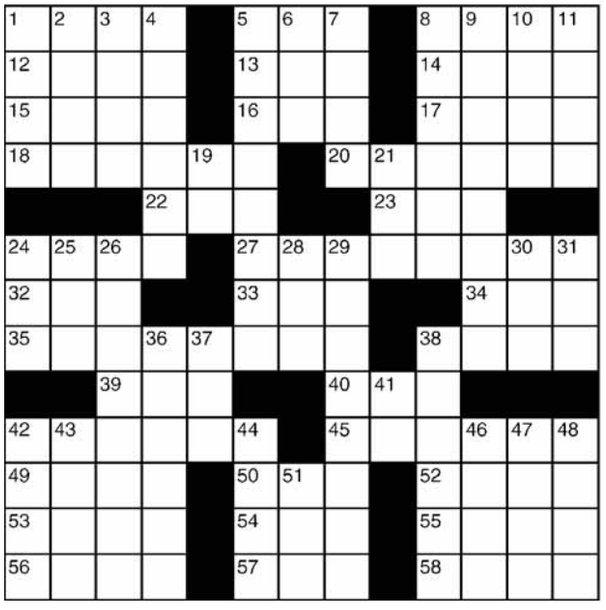
New Jersey Devils
The Devils were arguably the NHL's best team in the second half of last year despite falling short of the post-season for the first time since 1996. New Jersey should rebound with a healthy Zach Parise back in the lineup and the addition of impressive rookie defenceman Adam Larsson.

Ottawa Senators
There's bound to be some growing pains with a rebuilding project that started midway through last season. A number of young players are being asked to fill roles under new coach Paul MacLean, complementing the handful of remaining veterans.

Tampa Bay Lightning
Steve Yzerman's team should be more than capable of handling heightened expectations with Steven Stamkos, Marty St. Louis and Vincent Lecavalier flanked by a capable group of defencemen. No. 1 goaltender Dwayne Roloson turns 42, but showed no signs of slowing down in the playoffs.

Winnipeg Jets
For all intents and purpose, this is the same group of players that finished 12th in the Eastern Conference as the Atlanta Thrashers a year ago. It's going to take some time for general manager Kevin Cheveldayoff to turn this into a playoff team.
THE CANADIAN PRESS

Crossword



Across

1 Engrossed
5 Old man
8 Rabbit's tail
12 Wrinkly fruit
13 Japanese sash
14 "My bad"
15 Let fall
16 Joker
17 — -tat-tat
18 Ohio city
20 Tailor, humorously
22 Frequently
23 Speck
24 Freeway access
27 Adverse
32 Hearty brew
33 Author Santha Rama —
34 Sundial numeral
35 Hat seller
38 Automaker Ransom Eli —
39 Pitch
40 Sine qua —
42 It had a big part in the Bible
45 Masticated
49 Famous cookie man
50 Egg-yung link
52 Made on a loom
53 New Zealand symbol
54 Coach Parseghian
55 Mat melody
56 Coastal flyer
57 Deterioration
58 Holler

Down

1 "Our Idiot Brother" star Paul
2 Taj Mahal city
3 Tactic
4 Excellent
5 Business decline
6 Lawyers' org.
7 Uses a shovel
8 "Parting is such sweet —"
9 Man's jacket feature
10 Doing
11 Despot
19 "— Thee I Sing"
21 Fuss
24 Aries
25 Clay, today
26 Loss of self-control
28 Dundee denial
29 Traitor
30 Disencumber
31 Insult (Sl.)
36 Legendary TV pooch
37 Anger
38 Unilateral
41 "I see"
42 Croupier's tool
43 Eastern potentate
44 Somewhere out there
46 Had on
47 Maleficent
48 Transaction
51 Acapulco gold

Yesterday's answer

B	O	N	D	■	E	G	O	■	A	V	O	W
O	B	O	E	■	M	O	O	■	M	E	N	U
B	I	G	M	O	U	T	H	■	A	R	C	S
S	T	O	O	D	■	■	S	L	I	M	E	S
■	■	■	T	E	A	S	■	O	N	O	■	■
W	I	P	E	■	B	U	R	N	■	U	S	A
A	L	L	■	A	L	G	A	E	■	T	E	D
S	L	Y	■	C	Y	A	N	■	C	H	E	Z
■	■	M	U	M	■	R	I	N	D	■	■	■
S	O	O	N	E	R	■	■	A	R	D	O	R
O	P	U	S	■	Y	A	R	M	O	U	T	H
F	E	T	A	■	E	W	E	■	M	E	T	E
A	C	H	Y	■	S	E	X	■	S	T	O	A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

		4		3		9	1	
3	9		6				2	
		2			7			
		6		4				
2		8				3		5
				2		1		
			5			8		
	4				9		7	2
	2	7		8		5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

3	5	2	7	4	8	1	9	6
8	6	4	9	2	1	7	5	3
9	1	7	5	6	3	2	4	8
1	4	9	3	8	7	6	2	5
6	8	5	2	1	4	3	7	9
7	2	3	6	5	9	8	1	4
4	9	8	1	7	6	5	3	2
2	7	6	4	3	5	9	8	1
5	3	1	8	9	2	4	6	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Kattttttlynn,
My BBG !? You are the one who i can trust ! you are the one, who is with me ! Always like a Sister ! You are the PERFECT girl, with YOU Baby Girl ? i can CRY ! I don't want to lose u ! never ever never ! ? I love You Sooo Much ! ? Kocham cie zla Dziwko? <3 I Love YOU SOOO MUCH <3
KAROLINNNAAAA

Jason Stevenson,
I loved the way how u looked at me before .... that day was amazing .... I saw your beautiful eyes... i didn't want anything more!!! I just want you .... I had crush on u .... but after some situation .... i meet the person like a really who you are !!!!! **SOMEONE**

Handsome
Happy Birthday...Baby!!!!
PRINCESS

Today
13°/11°
Partly cloudy
Friday
13°/12°
Showers
40%
The Weather Network
Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 Mercury close to Saturn in your opposite sign means there's no pleasing those who don't want to be.

♉ Taurus April 21-May 21 Your list of things to do may be longer than your arm but so what? Don't put extra pressure on yourself.

♊ Gemini May 22-June 21 Mercury, your ruler, urges you to be honest about your feelings. Nothing must be hidden.

♋ Cancer June 22-July 22 Certain people may frown at your behaviour today, only because they're jealous of your carefree attitude.

♌ Leo July 23-Aug.23 You may experience a loss of confidence today but it will pass, so there is no need to get yourself worked up about it.

♍ Virgo Aug. 24- Sept. 22 Something to do with money has been causing you a few sleepless nights but there is no reason to worry.

♎ Libra Sept. 23-Oct. 23 You have courage, confidence and bags of energy. So why are you not putting it to better use?

♏ Scorpio Oct. 24-Nov. 22 If someone wants to wallow in self-pity that's fine, but decline in joining the "woe is me" party.

♐ Sagittarius Nov. 23-Dec. 21 Your dreams and wishes can come true, but you've got to believe. You're always a winner in life.

♑ Capricorn Dec. 22-Jan. 20 Do you bask in success or do you build on it? That's up to you.

♒ Aquarius Jan. 21-Feb. 18 One or two doubts may creep in over the next 24 hours. Ignore them, they're illusions.

♓ Pisces Feb. 19-March 20. Don't overreact to setbacks and don't give up on a creative endeavor because you are not sure of its outcome. **SALLY BROMPTON**

Caption contest

SERGEI GRITS/ THE ASSOCIATED PRESS

JIM BECKEL, THE OKLAHOMAN/AP

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M.
We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

Prices in this ad based on **gold @ U$1,733.75** and **silver @ U$36.40** and a **USD/CAD exchange rate of 1.03 on September 22, 2011, the day this ad was created.**

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer.

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.60	$18.96
14kt scrap gold, per gram	$20.64	$22.63
1 oz. Recognized Gold Bar	$1,690.00	$1,789.25
1 oz. Gold Maple Leaf Coin	$1,700.10	$1,801.16
Sterling Silver, per Gram	$0.68	$0.88
Silver Canadian Coins from 1966 and earlier, per $1 face value	$17.40	$20.09

Gold Coins and Bars

1 oz. modern, sealed bars	$1,789.25
1 oz gold Maple Leaf	$1,801.16
1 oz. Krugerrand	$1,742.19
Sovereign	$408.01

Silver Coins and Bars

1 oz. silver bar	$38.67
10 oz. silver bar	$389.85
100 oz. silver bar	$3,806.13
1 oz. silver Maple Leaf	$39.03

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$12.25
Canada 1967	$15.66
Canada 1966 and earlier	$20.09
USA 1964 and oder	$24.39

Scrap Gold *Per gram*

10kt	$18.96
14kt	$22.63
18kt	$34.30

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